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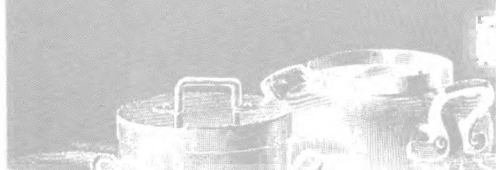


Making the farm kitchen pay

Adeline O. Goessling

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MAKING ^{THE} FARM KITCHEN PAY

By Adeline O. Goessling

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YOURS FOR ECONOMY ON THE FARM

Making the Farm Kitchen Pay

By ADELINE O. GOESSLING

Household Editor, Farm and Home

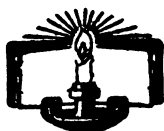
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MAKING THE FARM KITCHEN PAY

Table of Contents

	PAGE
Dried Vegetables and Fruit.....	1
Salting Down and Pickling	10
Homemade Vinegars	17
Homemade Wines	21
Butchering Time Recipes	29
Potato Ways	51
Vegetables and Fruits	60
Breads and Yeasts	71

List of Illustrations

Frontispiece

Grandmother's Pancakes	20
Apple Raisin Pie	21
Blackberry Tarts	28
Oatmeal Cookies	29
Scalloped Codfish	36
Sausage Loaf	37
Meat Biscuits	44
Cheese Wafers	45
Potato Puff	52
Deviled Eggs	53
Canned String Beans	60
Bean Salad	61
Milk Rolls	68
Water Crullers	69
Whey Bread	76
Currant Loaf	77
Soft Gingerbread	84
Hard Gingerbread	85

INTRODUCTION

This is not an ordinary "cook book" of the conventional kind. In fact, much of what is generally to be found in the ordinary cook book will not be found in this book at all. On the other hand, much of what is not generally, almost never, found in the ordinary cook book *will* be found in this book.

This book is intended for use in the ordinary farm kitchen, to supplement the conventional cook book. Economy is its keynote, inasmuch as it tells the housewife how to conserve certain farm products, so as to eliminate waste—in other words, how to make the farm kitchen pay. The fine illustrations with accompanying recipes will doubtless be considered in the nature of the spice that lends variety to an otherwise prosaic combination.

A. O. G.

DRIED VEGETABLES AND FRUIT

To Dry Corn—Preparations

In the first place do not attempt to dry too much corn at once. A better plan is to do a little at a time, and in that way the labor is less and results more satisfactory.

Select perfect "roasting ears" of sweet corn—not over-ripe nor under-ripe—plunge immediately after picking into unsalted boiling water, cover closely, and boil actively about five minutes, or just enough to "set" the starch and milk.

Remove from water, cool, and cut kernels from cob, using a very sharp knife, and being careful not to cut too close to the cob. What remains on the cob can be scraped off with the back of a silver knife and used for a corn pudding for dessert. This is made with the addition of milk, eggs, sweetening, salt and flavor. Do not put the scrapings with the clean corn kernels to be dried, as it has a tendency to make the whole mass sticky and more difficult to handle and dry.

Drying Methods

Corn is best dried in a moderate oven with the oven door left partly open. The drying process is in this way more rapid and insects cannot get at it. However, in climates where the days are long, sunny, dry and hot, outside drying is perhaps just as well, if due precautions are taken to keep the corn from effects of dampness and insects. To do this, screened and properly ventilated trays or racks are needed, these to be carried indoors when weather is

damp, and after sun sets. The corn kernels should be frequently stirred and turned, and the layers of corn should be spread thin and evenly.

Oven Racks

When the oven-drying method is used, racks or trays made of unpainted wire mosquito netting are the best and most convenient. The handy man, woman or boy can easily make these. Use light strips of clean wood and make a frame to fit your oven, and over this stretch and tack on the wire. Then put another wooden frame over the wire, so both sides are alike—the wire between two frames. Make all the trays the same size, so they will stack up without any trouble.

Oven Drying

On these trays spread thin layers of corn kernels prepared as directed, and place in a moderate oven, leaving the oven door partly open. Too hot an oven will cook or scorch the corn, while too slow an oven will sour it. Change the order of the trays once in a while—that is, put those that were in the center on top or bottom, where heat is greater, so as to give all a chance to dry evenly. Stir up the kernels with a silver or wooden spoon, spread layers evenly again, and return to oven.

If screen trays are not available, milk, bread or meat pans, or any flat pans can be used. Place sticks of wood under them, and a layer of paper in them, so the corn kernels will not scorch or stick to the bottoms of the pans. Some of the racks, trays or pans can also be placed on the top of the stove.

Sun and Oven Drying

It is possible to combine the sun and oven drying methods—that is, dry corn in the sun when weather is favorable, and then put in oven when it is inadvisable to keep corn outdoors. Common sense must guide one. Heat enough to dry and ventilation are two requisites, and with watchfulness will “turn the trick.”

Remember, the corn must be absolutely and beyond any shadow of doubt *bone dry*, and after that it must be *kept dry*. Can be sealed up in stout waxed paper sacks, or placed in covered jars, cans, or any dry receptacle.

Housekeepers who have once experienced the economy, ease and satisfaction of drying corn instead of canning it, seldom return to the latter method. The cooking is a simple matter, as the following directions and recipes will show:

To Cook Dried Corn

Soak corn overnight in cold water, and then cook slowly in the same water, allowing several hours for the cooking. When nearly done season with salt, pepper, butter and milk, and a very little sugar. To salt the corn before it is cooked, also too long cooking, tends to harden it.

Another way is first to put the dried corn through a coffee mill or food grinder, using the coarse cut. Prepared this way it need not be soaked overnight, and will not take so long to cook. Put on with cold water and cook slowly.

To bake dried corn soak overnight in cold water, drain, cover liberally with milk, add lump of butter, season to taste with salt and pepper and a little

sugar, cover pan closely, and place in oven and bake slowly until done. It will take several hours. Watch carefully, and if needed add more milk while baking.

Dried corn, after soaking and cooking, can be used the same as fresh cooked or canned corn.

To Keep Corn Green for Winter

Gather tender, sweet corn with the husks on, tie down the silk ends, put in the bottom of a clean barrel some salt, proceed and fill the barrel as you do with pork—a layer of corn, then a layer of salt; when full, put on a large clean platter and stone for pressure, and add sufficient “pickle” of salt and water. Set the barrel in a cool place in the cellar, do not let it freeze, and the corn will keep perfectly. When you wish to use the corn, take off the husks, soak the ears twenty hours in cold water, and then boil them as usual.

To Dry Peas

Peas are dried much after the manner of corn. They should be picked when they are at their best—that is, not too young, or they will be tasteless; nor too old, or they will be equally tasteless, and dry and mealy, besides being almost too hard to cook.

Shell immediately after picking. Peas, the same as corn, can be dried without any preliminary cooking, but most housekeepers prefer to plunge them in unsalted boiling water and boil about five minutes, after which drain and dry thoroughly.

The drying of peas, just as with the corn, can be accomplished out of doors with sun heat, or indoors

with oven heat, or a combination of both drying agencies can be used. The proper degrees of heat and ventilation are necessary, and also careful protection from insects. The peas, while drying, should be frequently stirred, so all parts will dry equally. When absolutely sure the peas are "bone dry," seal in stout paper bags or boxes lined with waxed paper, or well-covered jars, and keep in a dry place.

To Cook Dried Peas

Here again dried peas are treated about the same as dried corn. Wash clean, and soak overnight in cold water. Some cooks like to parboil peas in soda water, the same as they do dried beans. Put peas over the fire with a good pinch of bi-carbonate of soda in the water, bring to a rapid boil, then drain, add sufficient boiling water to the peas, and boil slowly until done, using no more water than necessary.

Do not add salt to the peas while they are boiling, as this tends to harden them. When nearly done they may be seasoned with salt, pepper and butter, or any other palatable fat, and the wet slightly thickened with a little flour or cornstarch, dissolved in a little water. Some cooks like to let the peas boil almost dry, and then add milk, butter and seasoning, the same as for corn. Or, a little salt pork may be added instead of butter.

To bake dried peas soak them overnight in cold water to which a pinch of baking soda has been added. Next morning drain and put over fire with fresh boiling water, adding a few slices of freshened salt pork. Boil slowly. About an hour before dinner turn this into a baking dish, first seasoning to taste with salt and pepper and a very little sugar—though the latter

may be omitted entirely. The addition of about one cup of tomatoes and a finely minced onion makes of it a dish fit for a king, after it has baked about an hour.

Since dried peas, after soaking and boiling are equal to the usual canned peas or fresh boiled peas, they can be used in many ways.

To Dry Beans

The ordinary white bean, navy bean, kidney bean and lima bean are dried the same as peas. Proceed as directed for corn and peas.

To boil and bake dried beans proceed as directed for boiling and baking dried peas.

To Dry String Beans

Select only the best string beans for drying. It is worse than useless to bother with old or over-ripe beans, or any that would not be considered fit for immediate table use. The beans should be of medium size and ripeness, full, fleshy, juicy and firm, and have small seed pods.

Directly after picking string them, wash in cold water, and break or cut them in about one inch pieces—or they may be left whole, if desired.

Different methods of drying are used—some stringing the raw beans on twine and hanging in the sun to dry, others plunging beans in boiling water and boiling for one minute, then drain and dry in oven or evaporator, or on screens in the sun. If dried in the shade they retain their color better.

In any case, whatever method is used, the beans must be dried thoroughly, and in such a manner that

insects cannot get at them to lay eggs in them for future mischief. For this reason alone, if for no other, a final drying in the oven is to be recommended. Oven should be only warm and oven door left partly open. Watch the beans, and stir them up frequently. The oven-drying process is more fully described in directions for drying corn. Beans are stored same as corn.

To Cook Dried String Beans

When dried string beans are wanted for use, one method is to pour boiling water over them, and allow to soak overnight. Drain, add some boiling water—no more than necessary—and cook slowly three or four hours, adding seasoning to taste, and some good drippings, or a bit of freshened salt pork. Another way is to soak in cold water overnight, drain, put on with cold water, parboil with a pinch of soda in water, drain, add a little boiling water, and finish cooking slowly, adding seasoning to taste. The soda water parboiling method is, however, calculated to render beans tasteless and mushy, and is unnecessary if young string beans were used to dry. Serve with mashed potatoes.

To Sun-Dry Fruit

Where any considerable amount of fruit is to be dried, it would doubtless be a matter of economy to construct some kind of evaporator; but there is yet much fruit dried by sun throughout the country. The old method of spreading on scaffolds or flat roof entails considerable labor, and in cases of showers often results in the loss of half the dried fruit.

A few trays with wire bottoms have solved the problem with us. What is called wire cloth was

bought in 30-inch width. This was No. 3—that is, there are three meshes to the inch. Either No. 2 or No. 4 would have answered as well. The trays were made 30 inches wide and three feet long, which was a very convenient size. The sides and ends were made of light wood, one inch thick and an inch and a half wide—therefore making the trays shallow. When the wire was stretched and tacked in place across the bottom, a strip was nailed across the center of the frame, to add strength when filled with fruit.

A good place was selected where the sun shone most of the day, and four posts set in the ground of sufficient length to be above reach of the fowls. Two of these posts were a little over two feet apart, and 10 feet from these was another pair, the same distance. Near the top “stringers” were nailed from one to the other and on these the trays of fruit rested. Strips nailed from one post to the other at one end formed a ladder.

There was room on this scaffold for four trays of fruit. If a shower came up suddenly the trays were quickly set one on the other, and a piece of oil cloth thrown over all. The wire bottom gives a free circulation of air.

To Dry Apples, Pears, Quinces

The most general method in drying apples is, after they are pared and cored, to cut them in round slices, so that the core hole will be in the middle of each slice, and to string them and hang them outdoors to dry. In clear, warm and dry weather this is perhaps the most expeditious and best way, but in cloudy and stormy weather this way is attended with much inconvenience, and sometimes loss, in

consequence of the apples rotting before they dry. To some extent they may be dried in this way in the house, though this is also attended with much inconvenience.

In drying fruit, as in drying vegetables, it is really necessary to do it in such a manner that no insects can get at it during the process of drying. Therefore the best method is to use screened frames. These combine the most advantages with the least inconvenience, and can be used with equal advantage either in drying in the house or out in the sun. In pleasant weather the frames can be set outdoors where sun and wind can further the drying process, and when the dampness of evening falls, or on cloudy and stormy days, the frames can be brought into the house and set near the stove or fireplace.

These frames can be made of a size and style to suit individual needs. They can be made skeleton like, of wooden strips, with hooks inside to which to attach and string the strings, and the sides, top and bottom of the frames can be covered with netting, providing also a netting door.

After the apples are pared, cored and sliced and strung on twine, string the twines from one hook to another inside the screened frame, and leave until thoroughly dry. Care should be taken that none of the slices of apple touch each other, so that air may circulate freely around each slice.

Pears, quinces and other fruits of similar texture may be dried in the same way.

When thoroughly dry, pack in boxes lined with waxed paper. Cover with waxed paper, then put on box cover and store in a dry, cool place, where no insects by any possibility can get at them.

SALTING DOWN AND PICKLING

To Salt Down Cucumbers

Have ready a perfectly clean jar, crock, or keg—whether the receptacle is glass, stone, or wood is immaterial, as long as it is clean and does not leak. Use only good, firm cucumbers, not too large, and cut them from the vines with a pair of sharp scissors, leaving about one-half inch stem on each. Never pull them from the vines, and always handle them carefully so as not to bruise them. Wash clean and wipe dry. Put a two or three-inch layer of coarse salt in the bottom of the keg, then a layer of closely packed cucumbers, cover with salt, and proceed in this way until all the cucumbers are used, topping off with a layer of salt, and over that a layer of freshly picked grape leaves. Use plenty salt—there is more danger in using too little than too much. Pour in cold, hard water to cover, put a clean white cloth over the top, tucking in the edges snugly down the sides, then put in an inverted plate, or a hard board to fit, and weigh it down with a large, clean stone, to keep the cucumbers well under brine. Cover the keg and set away in a cool place.

Cucumbers may be added from time to time as they are gathered, with some more salt, until the crock is full. Be careful to keep the cucumbers always well under the brine, and if there should be too much brine, throw some of it away. When removing cloth, plate, and stone, do so carefully, and if any scum has gathered, wash thoroughly before returning to the crock.

When the pickles are wanted for table use, take out enough to last about one week, freshen them in clear, cold water baths, until they are plump and just right to the taste, changing the water frequently and tasting a pickle occasionally to see if it is too salty. The pickles are then ready to be put in cold vinegar with any preferred spices, and in about 10 hours or less they will be ready for use. A small bunch of dill put in the vinegar imparts a delightful flavor. Cover the jar, and set in a cool place.

To Salt Down Tomatoes

Only just ripe and perfectly sound tomatoes should be used, without any cracks or blemishes. Put them carefully in a stone crock, and pour over them a cold and very strong brine. Cover with a clean white cotton cloth, and weight down with an inverted plate. Cover, and keep in a place that is neither too warm nor too cold. A clean, dry cellar is as good as any other place. When wanted for use soak required number of tomatoes in fresh cold water from 12 to 20 hours, after which they can be peeled and sliced like fresh tomatoes, and can be used in the same way as if they had just come from the vines.

To Salt Down String Beans

For this the large, flat, "meaty" and juicy beans are best—beans having small seed pods. They should be picked when fully developed, but not ripe.

String the beans from both ends, wash thoroughly, and then with a sharp, small knife proceed to cut them up in small bias slices—about $1\frac{1}{2}$ inches long and one-quarter inch thick. Hold the bean in left

hand and begin cut on top, cutting on a slant toward yourself. A little practice and this can be done very rapidly. It may at first take a little longer than breaking in the ordinary way, but results are so much more satisfactory that the extra time and effort are amply justified. Once tried this way the housekeeper will not want to return to the old way.

Put a layer of salt in a stone crock, then a layer of cut beans, then more salt and beans, and so on until the crock is three-quarters full, topping off with a layer of salt, and firmly pressing down each layer of beans. If the beans were fresh and juicy, they will readily form a brine, so that the addition of water will be unnecessary. Use salt with a liberal hand, and pack the beans down as solidly as you can, using your fists for the purpose. Pack each layer as it is cut, so as to have beans fresh and juicy.

Next cover with a clean white cotton cloth, tucking in the edges all around, place a plate over the cloth—as large a plate as will fit in the crock—and over that put another piece of clean white cotton cloth. On top place a heavy clean stone to weight down the whole and keep it well under brine, and then cover up the crock and put it in the storeroom or cellar, or somewhere where it will not be too warm nor too cold.

In about a month these salted beans will be ready to use. When it is desired to take out enough for a meal, carefully remove cloths, stone and plate, which will probably be covered with a scum. If care is used in removing, none of this scum will get into the beans, which will be discovered clean and green, and smelling like wine. The cloth, stone and plate should be carefully washed before returning. If enough salt was used in packing down the beans

there will not be much scum, but in any case the scum which gathers on top of cloth and plate can do no harm, if none of it is allowed to get in the beans.

To Cook Salted Beans

Soak overnight in cold water, drain, and put over fire in fresh water, let boil up once, drain again, and return to fire with fresh boiling water. This par-boiling is necessary, if enough salt was used when the beans were salted down. In the final boiling do not use more water than is necessary, and boil slowly, adding some palatable drippings or a bit of freshened salt pork.

Cut, and salted down in this way (the German way) string beans are much more easily preserved for the winter than by canning, and make good and wholesome eating. Serve with boiled potatoes.

To Salt Down Cabbage—Sauerkraut

Cabbage, in the form of kraut, if properly made and cared for, is palatable as well as wholesome, and makes a most desirable winter dish, being convenient and very little trouble to prepare. Use tight, clean wooden casks or tubs, or stone crocks.

Shred white cabbage fine, and with every gallon of the shredded cabbage mix one heaping tablespoon salt. After mixing thoroughly, pack down solidly in tub or crock, but do not pound, as this would break the cabbage and ultimately cause it to discolor. One heaping tablespoon salt to the gallon of cut cabbage is enough, for if more is used fermentation will not be so perfect; the salt will preserve instead of allowing the cabbage to ferment. Leave the crock in a medium warm place two or three days after packing

cabbage, and then remove to a cool place. Never let metal of any kind touch sauerkraut.

After packing cabbage and salt in cask, tub or crock, cover with clean, white cotton cloth, and tuck well down around the edges, then put in an inverted plate as large as will fit in the crock, and a heavy, clean stone on top of the plate, to keep the kraut well under brine. About once a week carefully remove stone, plate and cloth, which will very likely be covered with a scum. Wash them clean, rinse in cold water, and return to the crock. If there does not seem to be enough brine on the kraut, add salt water.

The secret of keeping the kraut well is in pressing it down firmly, having it well weighted, and covered with not too much brine, as too much brine is apt to make it soft and mushy. Only enough is needed to keep the air out.

When kraut is wanted for cooking, proceed the same as with salted string beans. Do *not*, however, soak the sauerkraut overnight, but simply wash once or twice in fresh, cold water, pressing out from water with the hands, and then put kraut over the fire with a very little hot water and a piece of fat pork. Let cook slowly until done. Serve with boiled potatoes.

To Keep Eggs

When eggs are plentiful, instead of selling them for a mere song, it is best to "put them down" for future use, for the season when eggs are scarce and high-priced.

It should be borne in mind always that the eggs that keep best are infertile eggs. For this reason roosters should be removed from hens as soon as

the need for hatching eggs is over. The hens will then do better in every way, lay just as many, if not more eggs, and the eggs will be sterile and so keep better.

There are many different methods of "putting down" eggs. The following ways have been tried and found variously successful. It is, however, generally conceded that the water glass way is the best. The principle underlying most of these methods is to close up the pores of the egg shell, so that the air cannot get at the microbes present in the freshly laid eggs. As the microbes cannot live without air, this prevents their growth, and consequent decomposition of egg.

Water glass, or more properly called "silicate of soda," is an amber-colored liquid, which can be procured at druggists or dealers in poultry supplies. It costs about 25 cents per quart, or less by the gallon.

1—To "put down" eggs in water glass, use one part silicate of soda and nine parts of cold boiled water. Place the eggs, which must be absolutely clean and strictly newly laid, in a glass jar or earthen crock (never use metal), points downward, and pour over them the water glass preparation, so that they will be covered more than an inch. Cover the jar to prevent evaporation. Eggs can be put in daily with the necessary water glass solution. Keep in a cool place, but not cold enough to freeze. Sterile eggs, clean, whole, and with good strong shells, preserved in this way, will keep in good condition for eight or nine months.

2—To each gallon of water add one pound freshly slaked lime and one pound common salt, and mix well. Put down the fresh eggs in this and they will keep any reasonable length of time without any

further care than to keep in a cool place and covered with the fluid.

3—Dissolve four ounces of beeswax in eight ounces warm olive oil, and paint each fresh egg with this mixture. The oil will be immediately absorbed and the pores of the shell become filled up with the wax. Pack in bran and keep in a cool place.

4—Take of quick lime one pound, salt one pound, saltpetre three ounces, and mix in one gallon of water. Boil this solution 10 to 15 minutes, and when cold, put in eggs, small end downward.

5—Apply with a brush a solution of gum arabic to the eggs, or immerse eggs in this solution, then let them dry, and afterwards pack them in dry charcoal dust or bran, and place where they will not be affected by any alterations of temperature.

To Pickle Eggs

At the season of the year when eggs are plentiful and the cook is tired of serving them in the same old ways, pickled eggs offer a pleasing variety. Boil several dozen of them until they become quite hard, then, after removing the shells, place them in large-mouthed jars, and pour scalding vinegar over them, which has been well seasoned with whole pepper, allspice, a few pieces of ginger, and a few cloves of garlic. Cover the jars closely and in a few weeks these pickled eggs will be ready for use. They offer a fine accompaniment to salads and cold meats.

HOMEMADE VINEGARS

Apple Vinegar

Use apple parings, but not the cores, as the apple seeds impart a bitter taste to the vinegar. Put the apple parings in cold water to half cover, and place over fire, and after it begins to boil, boil 20 minutes, then strain the liquid through cheesecloth into a large stone jar. To about one gallon of this liquid add one cup good, strong vinegar and one cup brown sugar or molasses. Tie a cloth cover over top of jar and set it in a warm place for some days. Then set away in cool place and as soon as a thick layer of what is commonly called "mother of vinegar" has formed on the top the vinegar is generally ready for use. If too strong, add a little more brown sugar or molasses and water.

Corn Vinegar

Cook two cups corn in water to more than cover. When the corn breaks or bursts add to it sufficient water to make a gallon. Then add two cups molasses, mix well, put into a jar and tie the top with cheesecloth. Keep in a warm place. In about a month pour off the vinegar, put into a clean jug, and add about half of the "mother" which has formed. Leave the jug uncorked, but tie up with mosquito netting or cheesecloth, and leave for two months in a dry, cool place.

Bean Vinegar

To two quarts molasses add three quarts water. Put in a two-gallon jug and add one cup pea beans.

Place the jug in a warm place and leave it there till it "works." If the vinegar is not strong enough add another cup of beans, which will make all the "mother" that will be needed for years. From time to time more molasses and water may be added.

Honey Vinegar

Mix one pint honey with one gallon warm water. Cover, set in a warm place, and let ferment. It will soon turn to vinegar.

Sap Vinegar

When making maple sugar or molasses save all the skimmings, washing of utensils, strainers, etc., using very little water. Pour it all into a vinegar barrel. When the buds have started and the sap does not make a good product, boil it down one-half. Fill the jugs, set in a warm place, and let stand three or four weeks, when the sap will have become thick and ropy. Add this to the contents of the vinegar barrel, but not more than two or three quarts at a time, with two or three weeks intervening. The vinegar will be rather dark, but have a very pleasant flavor.

Molasses Vinegar

The best of vinegar can be made by adding to one pint pure N. O. molasses three or four quarts water. Keep in a warm place until the "mother" forms. After it is very sour and the "mother" drops to the bottom, it must have more water and sugar, molasses or any juice of fruits, as apples, peaches or prune—all can be utilized for vinegar.

Spiced and Aromatic Vinegars

Many a cook will serve mint sauce in the season when she can command the growing mint, yet never think of preparing a mint vinegar to make it possible to serve her favorite sauce at any season, and with almost no trouble at all.

To prepare the vinegar, wash the mint leaves, shake them dry and put into a large-mouthed bottle. Fill the bottle with good cider vinegar and at the end of a month strain off the vinegar and seal it up in small bottles. For nasturtium vinegar proceed in exactly the same way, merely substituting the green seeds of the nasturtiums for the mint leaves.

A spiced vinegar may be made by dissolving two pounds of sugar in one gallon vinegar and then dropping in some little muslin bags containing one ounce each of various spices. What kind of spices depends largely on the taste of the one who prepares the vinegar. Allspice, cloves, pepper, mace, mustard and celery are commonly used. This is fit for use in a short time, but is more spicy after standing a few weeks.

These are all good, but the vinegar of all vinegars is the Tarragon vinegar. Nothing else can give the stamp of perfect completeness to either soup, sauce or salad that is obtained by a few drops of this. Just as the blossoms are coming open, gather the stalks and twist them till the leaves are well bruised. Put about six good handfuls into one gallon vinegar, cork tightly and let stand two months.

While these are all used in the way indicated, they are also fine when used on cold meats in the same way in which ordinary vinegar is used. Only one trouble follows their use in the latter way—

the family will object to using plain vinegar after using these.

Small Berry Vinegar

Boil down the juice of strawberries, raspberries, blackberries, gooseberries, or any other berries, with an equal amount of sugar, and then add to the mixture an equal quantity of the best and purest vinegar. Boil all together a little longer, then bottle, cork and seal with sealing wax or paraffin.

Rhubarb Vinegar

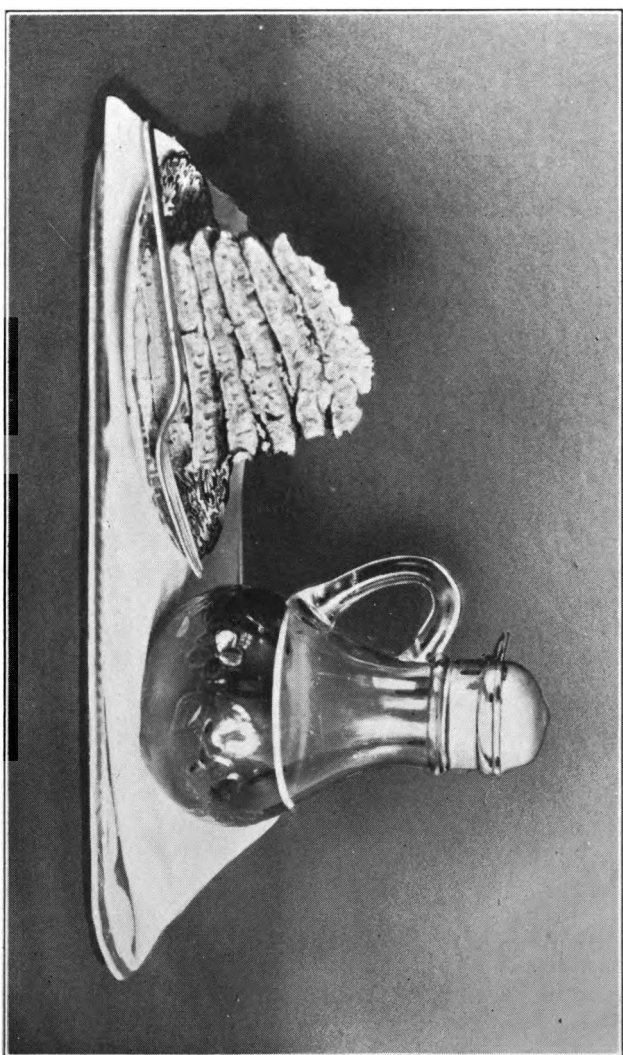
The following will make about five gallons. Take 12 ordinary-sized stalks of tender rhubarb, cut up in small pieces, and pound or crush them with a big wooden masher in a strong wooden tub. Add three gallons water and let stand 25 hours, then strain. Add nine pounds sugar and one teacup yeast, and put in a 12-gallon cask in a temperature from 60° to 80°—never below 60°. In about a month it will be ready for straining, after which return to the cask, and let stand till it is vinegar.

Cider Vinegar

A tight barrel or a cask of new sweet cider, buried so as to be well covered with fresh earth, will turn to sharp, clear, delicious vinegar in three or four weeks—better than can be made by any other process.

Sorghum Vinegar

Into a 40-gallon barrel put eight gallons sorghum syrup and fill up with filtered rain or cistern water. Add one teacup hop yeast and set barrel in a warm place with bung open. When vinegar has formed, strain and put in a clean cask.



PANCAKES AS GRANDMOTHER MADE THEM
[See recipe on page 83.]



A SLICE OF A DELICIOUS DRIED APPLE-RAISIN PIE

[See recipe on page 83.]

HOMEMADE WINES

Wine Making

Wine can be made from almost any juicy fruit, but it must always be remembered that unless the best ingredients and care in making are used, the product will be of but an indifferent quality. Never use metal vessels or utensils of any kind, but use • wooden vessels, and see to it that they are strictly clean and free from sap or wood odor.

Apple Wine

Use pure cider made from sound, ripe apples as it runs from the press. Put 30 pounds of common brown sugar into eight gallons of the cider and let it dissolve. Then put the mixture into a clean cask and fill up to within two gallons of being full with fresh, clean cider. Set the cask in a cool place, leaving the bung out 48 hours. Then put in the bung with a small vent until fermentation fully ceases, after which bung up tight. In about one year this wine will be fit for use. Age improves it. It requires no racking, but the longer it stands upon the lees, the better it is.

Blackberry Wine

Measure berries and bruise them, to every gallon adding one quart boiling water. Let this mixture stand 24 hours, stirring occasionally. Then strain off the liquor into a clean cask, to every gallon adding two pounds of sugar. Cork tight and let stand until the following October, when you will have a

fine wine all ready for use, without any further straining or boiling.

Cider Wine

Let the new cider from sour apples ferment from one to three weeks, according to temperature. When it has attained to a lively fermentation, add to each gallon, according to its acidity, from one-half to two pounds of white sugar, and let the whole ferment until it possesses precisely the taste which is desired. In this condition pour out a quart of the fermented cider, and to this quart add for each gallon of the wine in the cask one-fourth ounce *sulphite* of lime, *not* sulphate. Stir the powder and cider until well mixed, and return this emulsion to the rest of the wine. Stir briskly for a few moments, and then let it settle. You will find that fermentation will cease almost at once. After a few days, when the wine has become clear, draw it off carefully, to avoid the sediment, and bottle it. Cork loosely. This can be kept indefinitely and is a fine sparkling wine.

Currant Wine

Crush ripe currants well. To every gallon of juice add two gallons of water and three pounds of sugar. If wanted very sweet, a little more sugar may be added. Mix well, stand in some cool place and allow it to ferment, skimming it every other morning. In about ten days it will be ready to strain off. Bottle and seal. The older this wine gets the better it is.

Dandelion Blossom Wine

To one quart dandelion blossoms, add one gallon boiling water, one-half cake yeast, one orange, one lemon and three pounds sugar. Pour boiling water over dandelions, let stand twenty-four hours, strain, add sugar, stir thoroughly, warm slightly, then add yeast, sliced lemon, and orange. Let stand from six to eight weeks, then bottle and seal. Dandelion wine is used a great deal for the kidneys.

Elderberry Wine

To five gallons of elderberry juice add five gallons of water, twenty pounds of sugar and four ounces of red tartar. Add a little yeast, and let the whole ferment. While it is undergoing fermentation suspend in it a little bag filled with two ounces of ginger root, two ounces of allspice, and half ounce of cloves. This gives a pleasant flavor to the wine, which will become clear in about two months, and may then be carefully drawn off and bottled.

Fruit Wines

There are times when pure wines are needed in the home. The following method, although on a small scale, gives the most excellent wine: Fill one-half gallon jar with layers of ripe fruit and brown sugar, press down, seal air-tight and bury underground. Let it remain there six or eight weeks, the longer the better. On opening the jar you will find a clear, strong and pure wine. Draw this off and strain it. Some fruits, such as raspberries and blackberries, give a very fiery wine, which can be reduced by water. The object is to keep the fruit

from light and air during fermentation, and by this method no loss is sustained by souring or molding.

Grape Wine, Sweet

To two quarts of grape juice add two quarts of water and four pounds of sugar. Stand this in a warm place until it ferments. It will usually take about thirty-six hours, after which remove all scum, let cool, and then put in a dark, cool place. After you are sure that all fermentation has ceased and all scum removed, draw off carefully, bottle and cork tight.

Grape Wine, Unsweetened

Select fully ripe grapes, for the more ripe they are, the richer they are in sugar contents. This does not mean, however, that overripe or "bad" grapes can be used. A few of that kind will spoil the whole lot of wine, and so, of course, it is poor economy to use them. So use only good, fully ripe grapes, and proceed with them as follows:

If you have a wine press—and these can be purchased at very reasonable figures, the small ones for home use as low as \$3—extracting the juice from the grapes is a simple matter.

Strip the grapes and pick over carefully, discarding all decayed and unripe ones which would make the wine sour and of unpleasant flavor. It is an open question whether the grapes shall be pressed with or without the stems. Many recommend the latter, as there is an astringent property in the stems that gives a peculiar flavor to the wine.

When the grapes are ready for pressing, if no wine press is at hand various make-shift methods

of extracting the juice can be employed. This must be left to the person's own ingenuity. The object is to crush each grape.

Place crushed grapes in a large, clean wooden tub or cask—no more than three quarters full—cover with a clean cloth over the tub or cask, but so that the cloth cannot touch grapes. Set away in a warm place and allow to ferment. It will take a week or more, according to temperature.

Next rack off the clear liquid, and put away in another cask, to ferment some more. This will eventually make a very fine, clear wine. The crushed grapes left in the first tub can have some water added to it, and allowed to ferment some more. This will produce a good wine, too, but not such a good quality as the first. Or, the two juices can be put together, making one kind of wine of the whole. Experience and personal tastes must guide the individual.

It takes several months for wine to finish fermenting. After the first racking off, and as fermentation continues, it will be noticed to be forming a precipitate at the bottom. From time to time the wine can be racked off into another vessel, the sediment being left behind. Fermentation will then continue, but more quietly; this is called after-fermentation.

After the wine has undergone this after-fermentation for several months, and has been drawn off from time to time in other vessels, in order to free it from sediment, it is ready to bottle.

That is practically all there is to the making of grape wine at home—preparing the grapes, crushing, fermenting, drawing off, and when fermentation has ceased and the liquor is clear, bottling it.

If a sweet wine is desired, sugar may be added to the first juice drawn off from the crushed and fermented grapes. The quantity of sugar required depends on the kind of grapes that were used, also on individual taste. About two to four pounds of sugar to one gallon juice is the usual quantity.

Ginger Wine

Boil together half an hour, seven quarts of water, six pounds of sugar, and two ounces of the best ginger, bruised, and the yellow rind of three good-sized lemons. When lukewarm, pour this mixture into a clean cask, adding the strained juice of the lemons, one-quarter pound cleaned raisins, and about a tablespoon of new yeast. Stir this up every day for ten days, then skim and rack off carefully, and bottle and cork.

Morella Wine

Use the juice of Morella cherries, and to each quart add three quarts of water and three pounds of coarse brown sugar. Let this ferment, and skim until it has worked clear. Then draw off carefully, avoiding the sediment at the bottom. Bottle and cork securely.

Mulberry Wine

The mulberries ought to be gathered when they are just turning from red to black, and when free from dew or moisture. Spread them loosely on a clean cloth and let them lay there for twenty-four hours. After this squeeze out the juice and drain it off from the seeds. Add a gallon of water to each gallon of juice, also some cinnamon, slightly bruised, and boil, skimming as it boils. Take out

the bits of cinnamon and to each gallon of the boiled juice add six ounces of white sugar. When dissolved skim and strain. Let stand in a cask five or six days, then draw off carefully, bottle and cork. This makes a rather sweet wine. Less sugar can be used if not so sweet a wine is desired.

Raspberry Wine

Take three pounds of raisins, wash clean and stone them; boil two gallons of water half an hour and as soon as it is taken off the fire pour it into a deep stone jar and put in the raisins with six quarts of raspberries and two pounds of sugar. Mix well, cover closely and set in a cool place. Stir this about twice a day, and when it has fermented, rack off carefully, pour the liquor in another vessel, adding one more pint of sugar, let stand for a day and night to settle, after which it is ready to bottle and cork.

Rhubarb Wine

Extract the clear juice of rhubarb and to each gallon of juice add one gallon of water and six pounds of brown sugar. Fill a keg with this proportion, leaving the bung out and keep it filled with sweetened water as it works off, until it is clear and has ceased working. Rack off carefully, and bottle and cork.

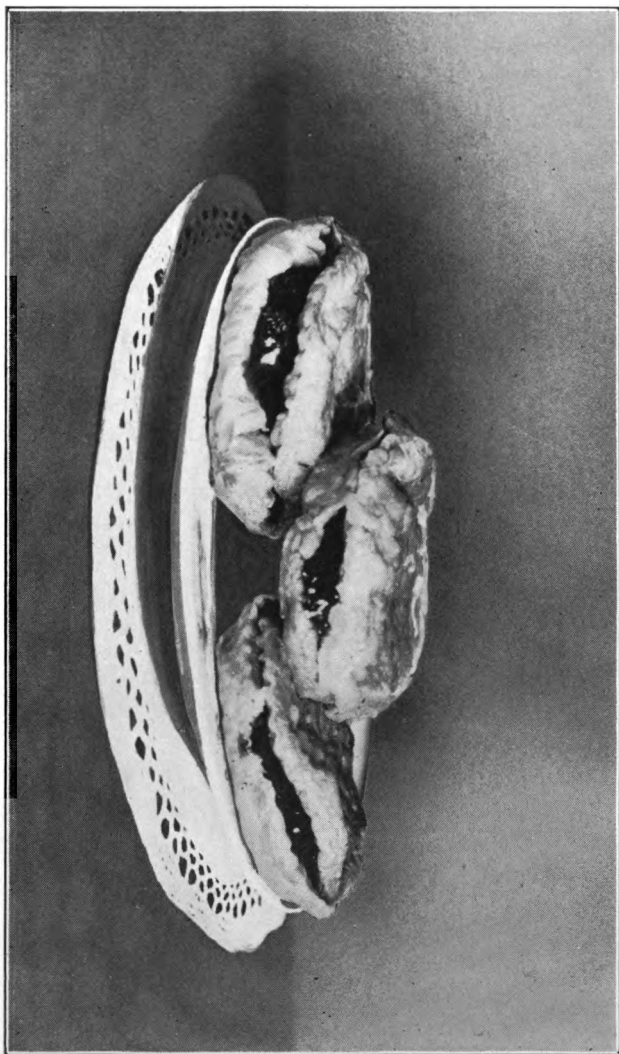
Tomato Wine

Use ripe, fresh tomatoes. Mash very fine and strain through a fine sieve. Sweeten with sugar to suit the taste and set away in an earthen vessel, nearly full. Cover tight with the exception of a small hole for the refuse to work off through during its fermentation. When it is done fermenting, it

will be pure and clear. Rack off carefully, bottle and cork tight. A little salt improves the flavor, and age very much improves this wine.

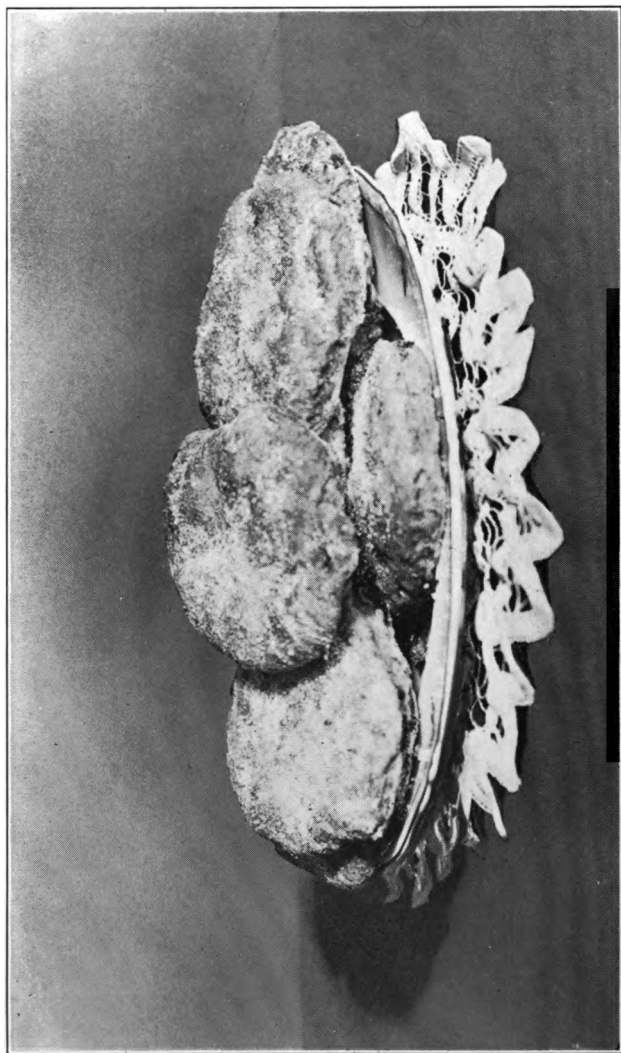
Unfermented Wine

Gather grapes when well ripened, pick from stems and carefully remove all decayed or unripe grapes. Mixed varieties of grapes may be used, or the favorites may be kept separate if a particular flavor is desired. Add a very little water and cook as for jelly. When soft strain through a jelly bag, but do not squeeze the bag, as this would cloud the liquid. To each pint strained juice add one cup sugar, boil about five minutes, skim, bottle, cork, and seal while hot. When wanted for use, mix with an equal amount of water. The sugar may be omitted, if desired—many dyspeptics are ordered to drink unsweetened grape juice. Must be sealed in air-tight jars.



BLACKBERRY TARTS WITH SOUR CREAM CRUST

[See recipe on page 87.]



OATMEAL COOKIES FOR THE LUNCH BASKET

[See recipe on page 86.]

BUTCHERING TIME

To Keep Meat

A careful study of the following recipes will convince the economical and ambitious housewives that there need be very little, if any, waste at butchering time, and that there need be no monotony or lack of good meat "timber" in farm homes where the farmers do their own butchering.

Cleaning and Separating Entrails

As soon as entrails are removed from carcass, carry them into the house, lay out on a table, and go to work swiftly, before they have a chance to get cold. Have ready several sharp little knives, plenty of clean cloths, and some twine. Carefully cut away all fat and throw into cold salt water, the leaf lard being put in a separate vessel. Put the heart, kidneys and liver in a separate vessel of salt water, being careful not to break the gall bag. If an ox, save the latter, as ox gall is good for many things. Clean the stomach and also put in salt water, and treat the casings the same. Waste can be fed to the chickens.

When Beef Is Killed

Use some of the beef to make several large crocks of mincemeat, as it will keep all winter in a cold place. The rest of the beef corn. Be most particular about the barrel—never use a barrel that has been used for other purposes, or if beef has ever

soured in it. Get a new barrel (a good molasses barrel is best), and clean it well.

Cut all the large bone out of the meat and then pack the beef in the barrel tightly. Cover with a hardwood board that will fit down in the barrel, put a clean, heavy stone on it, and it is ready for the pickling brine, which make as follows:

To two gallons water add three pounds salt, one pound sugar, one ounce saltpeter, and two table-spoons baking soda. Make as many gallons as you need, adding the same ingredients to every two gallons water. Put in a boiler, boil, skim well, and pour boiling hot over the beef. Be sure the brine covers the beef well—yes, more than covers it—as it will soak in the beef some. If you should ever need to add more brine, do not put it on hot—that is only done the first time.

To Pack Pork in Salt

The pork should hang in a cool place overnight. Be sure that all the animal heat is out of it. Cut the sides into strips crosswise. Cover the bottom of a perfectly clean barrel with clean, coarse salt, and then pack in the strips of pork closely, edge-wise, with the rind next to the barrel. Then fill the crevices in between with salt, and cover the top of the layer with salt, and proceed in this way until the pork is all in, or the barrel is filled. Make a strong brine of salt and cold water, using so much salt that the water will not dissolve any more—it should be strong enough to float an egg. Boil and skim this brine, and then pour it into the barrel over the pork, while boiling hot. Cover the pork with a round, hard piece of board, a little smaller than the barrel

head, put a clean stone on it, heavy enough to keep it down under the brine, then cover the barrel and set away in a cool, dry place.

If at any time the brine should froth or look red, it should be turned out, scalded and skimmed, and then poured over the meat again scalding hot. Never put cold brine on old pork. When wanted for use freshen the pork by letting it stand in warm water on the back of the stove about half hour, then pour off.

Canning Meat, Poultry and Sausages

Cut the meat or poultry in pieces of convenient size, trim carefully, and be sure they are sweet and clean. Boil until tender in enough water to cover, seasoning to taste, the same as for immediate use, and when all the meat is well done and tender, press a little at a time in hot glass fruit jars, then pour in a little of the hot gravy (which should first have been boiled down until it is almost ready to jelly when cold), until the gravy fills up all the vacant places around the meat, but not enough to cause the meat to float. Then press in another layer of meat and more gravy, and proceed in this way until the jar is filled up to within one inch of the top. Be very sure that there are no air spaces left in the cans. Then fill each can overflowing full with melted suet, and seal air tight, using new rubbers and observing all the usual canning precautions.

Set the jars away in a permanent storage place, which should be cool, dark and dry, and do not move the cans after once setting away. The melted suet on top will harden, and moving the cans after the layer of suet has hardened is apt to break it. Sausages should be pricked and boiled in water until

tender, and packed in jars the same as meat, with a layer of melted lard or suet on top. Everything wants to be boiling hot when canned, sealed air tight, and set away while hot. Great care must be taken to use only perfect, air-tight cans. This recipe for canning meat has been used successfully for many years.

Smoking Meat

The smokehouse should be large enough and have enough ventilation to prevent the meat becoming overheated. It is best to have the fire outside, with a length of stovepipe to conduct the smoke into the house. Hard wood, such as maple or green hickory, smothered with sawdust of the same, are the best for smoking meat, and corncobs the next best. Wood with resin, as spruce or pine, gives a bad flavor to the meat. There is a low, prickly, ever-green shrub, bearing green berries, that grows in some localities, and where this can be had it is nicer than anything else, giving the meat a delicious flavor.

Meat to be smoked should be well washed, or scrubbed with a hand brush in tepid water, to prevent a crust of salt forming on the outside, or if very salt, soaked overnight. It should hang and dry out a day before being put into the smokehouse, and then hung so no two pieces touch each other. The fire should be slow at first, to heat up the meat gradually, and meat should never be frozen when put in the smokehouse. In cold weather it is best to keep the fire going steadily until finished, or the meat will not smoke evenly, owing to the inside being too cold for the smoke to penetrate, after cooling. Thirty-six hours will smoke meat nicely, if

the fire is kept going steadily, or in warm weather a fire built every other day for two weeks cures it nicely, keeping the ventilator screened and the house dark, to exclude flies.

Smoking in a Box

Take a large, light box, place hooks inside the top to hang the meat on, and have a hole made on the side to fit a stovepipe. Then take an old discarded heater and fit the pipe to the box, with the stove outside the box. Have a lid or door on one side of the box, so you can look to the meat. Start a fire with a few dry cobs, fill partly with straw, and then with boughs of cedar. If kept up all day, the meat will be done by night. The meat should have been in brine for two or three weeks, then hung up to dry a little, before smoking. When smoked, let hang in box until ready to put down. Wrap the pieces in cloths, put in a barrel, and cover with oats.

Keeping Smoked Meat

If the meat can be kept away from flies, it will keep nicely in a cool, dry cellar, but if one fly can get at it, it must be otherwise protected. A good and easy way is to wrap in paper and then in muslin sacks, and bury in a grain bin, by this method keeping a uniform temperature and excluding insects. If this cannot be done, it will be absolutely safe if wrapped in paper and put in muslin sacks, and the sacks completely coated with either ordinary lime whitewash or "yellow wash," and hung up so they do not touch.

The directions for "yellow wash" are: Three pounds barites, four pounds flour, one-eighth pound chrome yellow, one-sixth pound glue. Make the

day before using. Heat one and one-half gallons water and add the flour, mixed to a smooth paste. Dissolve the chrome in one quart water and add it. Boil, stirring constantly, and adding barites slowly. Apply cold with a brush, and stir often while using.

A Barrel Smoker

Screw three or four hooks in the inside of the bottom of a good, clean, close and large barrel, and turn it over an iron vessel in which a few live coals have been placed, with corn cobs and hickory chips piled on top, to make a steady smoke. Hang the hams, shoulders or pieces on the hooks, but be careful not to crowd in too many, or the smoke cannot reach all parts. The smoking should be done slowly, evenly and steadily. A little ventilation is needed, or the fire will go out, but not enough to allow too much smoke to escape.

To Keep Meat Without Smoking

After the animal heat has gone out of the meat, pack the pieces away in dry salt four weeks, after which dip each piece in a very strong solution of boiling hot salt water, dry off and rub thoroughly with borax and black pepper.

Treating Hams After Smoking

Have a boiler full of boiling water, dip the hams in, and let them remain two or three minutes, then remove, and cover them with a thick paste made of flour, water and cayenne pepper. The paste should be red with the pepper. Hang the covered hams in

the sun until the paste covering is dry. Then put in stout paper sacks, tie closely, and hang in a dark and cool place.

The Barrel for Pickling or Curing

It is most important that the barrel for pickling meat should be absolutely clean. First scald and scrape the barrel thoroughly, then set into the barrel a vessel containing a small lump of quicklime, pour a pail of boiling water over the lime, cover the barrel, and let the fumes of the slacking lime sweeten it. After this wash the barrel again, then put in a generous armful of new sweet hay, pour over plenty boiling water, cover closely, and leave until cold. After this, thoroughly rinse the barrel again with fresh water, and if any bad odor remains, the case is hopeless and a new barrel an unavoidable necessity.

To Dry Sugar Cure Meat

For 200 pounds meat allow five pounds salt, three-quarters pound each black pepper and brown sugar, and two ounces saltpeter. Mix well together and rub each piece of meat well with this mixture, about five or 10 minutes. Do not pile up the pieces of meat, but lay them out on a board or table, skin side down, in a cool place, but not cold enough to freeze. Let them stay there four to six weeks, after which they will be ready to smoke. After smoking wrap them in clean, sweet hay, then put them in muslin sacks, and hang in a cool, dark place.

To Dry Cure Pork

For each 100 pounds pork use five pounds salt, two pounds sugar and two ounces saltpeter. Mix

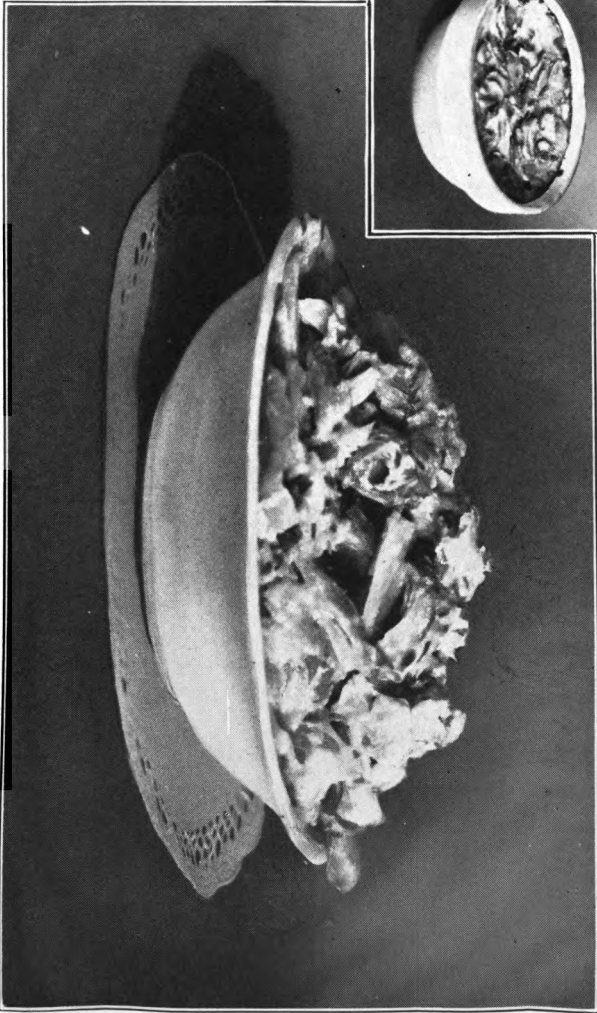
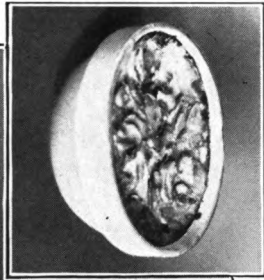
well and divide into three parts. Rub the meat thoroughly with a third of the mixture at intervals of three days, packing very closely in the barrel, and reversing the order of the pieces at each rubbing. If there is a good deal of meat, it is easier to have two barrels, putting the meat into one, as it is taken from the other, and pouring over the little liquid, if any forms. After the last rubbing let it lie for 10 days in the barrel, when it will be cured and ready for smoking. While curing, the meat must be kept in a cool and moist place, and unless it can be, it is best to use the brine method.

To Salt Cure Pork

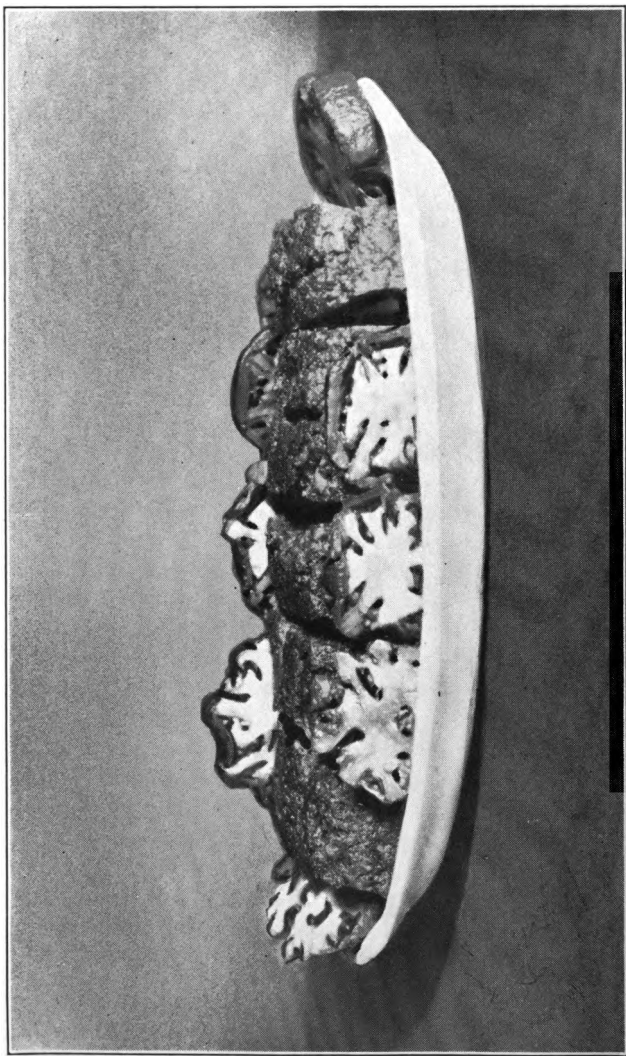
Heat salt in a baking pan in the oven, until it is thoroughly hot, then rub it in the fleshy side of the meat with a large flat spoon, as it will be too hot to apply with the hand. Rub all on that will stick to the meat—for large hams two applications will be necessary. This does not harden the lean meat, as brine does. Be sure to keep the salt hot. I have cured meat in this way in hot weather, and never lost any—the salt strikes in so quickly that it cannot spoil.

To Cure Hams

For 100 pounds meat allow seven pounds salt, two and one-half pounds brown sugar, two ounces saltpeter, and sufficient water to cover the meat, when closely packed in a barrel. Boil the salt, sugar, saltpeter and water, skim and then add one ounce cayenne pepper and two ounces each ground clove and black pepper. Cool, and when cold pour over the meat, weight down, cover, and set away in a cool place.



ESCALLOPED CODFISH, INEXPENSIVE AND WHOLESOME
[See recipe on page 85.]



PORK SAUSAGE LOAF SERVED WITH TOMATOES

[See recipe on page 85.]

To Dry Beef

The round makes the best dried beef. For every 20 pounds beef, use one pint salt, one teaspoon salt-peter, and one-quarter pound sugar. Mix well together, divide into three parts, and rub well into the meat for three successive days. Keep the beef in a jar and turn it over frequently in the liquid, which will form of itself. After it has soaked in this about a week, hang it up to dry, and after that smoke, if liked. When dry, sprinkle with pepper, tie up in paper bags, and hang up in a cool, dry place.

To Corn Beef

Use only the poorer parts for corning, such as brisket, flanks, crossribs, and plate, and cut into pieces six inches square. Fifty pounds meat will require 50 pounds salt. Sprinkle a layer of salt in the keg or barrel, put in a layer of meat, packing very closely, then a layer of salt, then more meat and salt, until all is used, leaving just enough salt for a good layer over the top. Let stand overnight, then dissolve one ounce baking soda, two pounds sugar, two ounces saltpeter in two gallons tepid water, and after it is cold pour it over the meat. Two gallons should cover the 50 pounds meat, if packed right. If not, use the same proportions in making more. Weight with a board and stone, and let stand from 30 to 40 days before using. If kept over in hot weather, watch the brine, and if it gets "ropy," pour it off, wash the meat, and cover with a new brine.

Beef Pickles

To one and one-half pounds salt add one-half

pound sugar, one teaspoon soda, one-half teaspoon saltpeter and one gallon water. This pickle can also be used for sausage. Be sure to weight down the meat or sausage, so as to keep well under the pickle.

For 100 pounds beef, use one-half peck salt, one-quarter pound each saltpeter and soda, and one quart molasses, or two pounds brown sugar. Dissolve the saltpeter, soda and salt in a little warm water. The meat will be ready to use in 10 days. For spiced beef, add mace, cloves and allspice to the above pickle.

Brine for Pork

For 100 pounds pork allow 10 pounds salt, three pounds brown sugar, two ounces saltpeter, one ounce cayenne pepper, and four and one-half or five gallons water. Let boil five minutes, skim well, let get perfectly cold, and then pour over meat packed in large jars or barrels. Put in a weight to keep the meat under the brine, cover the jar and set away in a cool place. Meat kept in this way is never rancid and flies do not get at it. In the spring draw off the brine, boil it again, skim well, let get cold, and pour over the meat again.

Sweet Pickle for Pork

For 100 pounds of side meat or hams allow eight pounds clean, coarse salt, two pounds brown sugar, or one quart molasses, three ounces soda, two ounces saltpeter and sufficient water to dissolve these ingredients. Put over the fire and just before it boils skim well, let it boil up once, skim again, and when perfectly cold pour it over the meat, packed in a jar or barrel. Weight down so that the meat will always be under the brine, cover, and set in a cool

place. After five or six weeks lift the sides and hams out of this brine, let drain and smoke well with corn cob, hickory or maple chips.

Souse

Use the head of a hog and any other small parts of the animal that are not too fat. Clean the head thoroughly and do not spare yourself any pains during this process, to make sure that everything is as clean as you can possibly make it. Soak in salt water for several hours, then scrape and clean again, and then soak once more in salt water for several hours, after which put in a kettle, cover with cold water, add salt, and boil slowly until the meat will separate from the bones, and all the gristle is perfectly soft.

Next remove from the fire, drain, remove all the bones and hard gristle from the meat and from the liquor. Put a layer of meat and fat, distributed evenly, in a stone jar, sprinkle well with salt and pepper, and then pour over a generous allowance of hot, boiled cider vinegar. Then put in another layer of meat, seasoning and boiled cider vinegar, and so on until the meat is all used, or the jar is full to within three or four inches of the top, topping off with salt, pepper and vinegar. Be careful to pack the meat firmly and closely together, and to have it covered with the vinegar. Boil down liquor in which the meat was cooked until there is only a little of it left, being careful not to let it burn. Season well with salt and pepper (it should be considerably more salt than palatable), and when the meat in the jar is thoroughly cold, pour this hot, boiled-down liquor over the meat, and when all has become cold, cover the jar well and store it in a cold place.

When wanted for use, scrape away a little of the jelly at one side of the jar, cut out slices of the souse, and return the displaced jelly, spreading it over smoothly. The sliced souse can be fried in hot butter, but first drain off the liquid by allowing the souse to stand in the pan on the back of the stove a while. This will extract the vinegar, and after frying brown in butter, the souse will be deliciously crisp. Serve with hot, baked potatoes.

Pickled Pig's Feet

Soak the feet overnight in cold water, remove the toes and scrape clean, boil until very tender, and salt before they are done. Pack in a stone jar or keg and cover with hot, spiced vinegar, using whole cloves, allspice and pepper. Nice eaten just so, or heated up in boiling water, or split, rolled in flour, and fried a nice brown on both sides in hot fat. Will keep indefinitely.

Pickled Tongue

Use either beef or pork tongues. Scald, trim, scrape and boil until tender, in salted water. When cold, cut in one-half-inch slices, and cover with cold vinegar. Another way is as follows:

For brine allow one gallon water, three pounds salt, four ounces sugar, and two ounces saltpeter. Boil and cool, then put in the trimmed and cleaned tongues, and weight to keep them under brine. Will keep any length of time. When wanted to use, soak overnight in cold water, boil until tender, skim, remove skin, slice, and serve with mustard. Or, if liked pickled, slice and cover with spiced vinegar. Will keep after being pickled.

Pickled Tripe

Clean the tripe thoroughly, cut in pieces, and sprinkle lightly with unslacked lime. Roll up each piece separately, with the furrowed side inside, place the rolls in a tub and pour over enough cold water to cover. Let stand about 10 or 15 minutes, then lift out the pieces, lay them on a board, scrape them well and rinse them clean in cold water, after which put them in a tub and cover with a weak brine, allowing them to remain there about 12 hours. After removing from this brine, scald them with boiling water, scrape them again lightly, and again wash in cold water, after which they will be ready for pickling. Make a hot spiced vinegar by adding one teaspoon each of allspice, cloves and cinnamon, to one quart vinegar, and one-half cup sugar. If liked very spicy, one-quarter teaspoon cayenne pepper or black pepper may be added.

To Keep Roast Pork in Lard

Take pieces of the side meat or any other part without bones, salt and pepper to taste, place in a roasting pan in a hot oven, and roast till well done, but do not scorch. When well done pack the pieces in a stone jar and fill all the spaces between, and cover the top with fresh melted lard. Tie heavy paper and a cloth over the jar, and set away in a cool, dry place. This will keep until warm weather comes. Fresh sausage cakes can be kept in the same way. After seasoning with salt, pepper and a little sage, mold the sausage meat into little cakes about one inch thick, fry until well done, and pack in a stone jar with melted lard, the same as directed above for the roasted meat.

Smoked Pig Paunch

Thoroughly clean a pig paunch or stomach, and boil until well done. Take as much lean pork as it will require to fill the stomach, chop fine, and cook until partly done, then mix with scant one-half teaspoon saltpeter, and season with salt, ground pepper and cloves, and any other preferred spices to taste. Pack into stomach securely, sew up and then return to the liquor in which the stomach was boiled, and let boil slowly one hour. Remove from fire and let remain in this liquid overnight, then drain and smoke six days. Hang in a cool, dark, airy place. When wanted, cut in thin slices and serve without cooking.

To Try Out Lard or Suet

Only clear, fat pieces of meat should be salted down in the pork barrel, and all the thin, streaky pieces of lean and fat should be put with the sausage meat. The soft fat should be cut in very small pieces and put in a separate kettle, with a little water, and set over the fire to try out. The leaf lard should be cut up fine and put in another kettle, with a little cold water, to try out. While the lard is trying out, stir it up often with a long-handled spoon or skimmer, and be very careful that it does not burn or scorch. Stirring it often will make the lard try out more evenly. When the little pieces of lard have shrunk to very small, dark brown scraps, strain lard through a fine wire sieve into a perfectly dry and clean tin pail.

For the sake of convenience and to save burning fingers, hang the sieve through a piece of board cut out to fit the sieve. The board should be long enough to fit across the top of the pail, and project

several inches on either side. This little board will not only save temper, but will catch all the scraps that may fall from the top of the strainer, and that would otherwise fall into the pail of lard.

The brown scraps should be turned into a cheese-cloth bag and while still warm squeezed between wooden squeezers to extract any of the lard that is still in them. These squeezers can be made of two flat pieces of board about one and one-half feet long and five or six inches wide, joined together at one end with little pieces of leather, and the other end whittled for handle. The lard squeezed out this way should be put in a separate pail. When cold, cover the pails well and store in a cool, dry place.

Suet is tried out the same way. After the suet is tried out, pour it into a pan of ice cold water, and when hard, wipe it dry, wrap in white paper, and then put in a linen or close cloth bag and hang in a cool, dry place. Excellent for pie crust.

Calf's or Hog's Head Cheese

Put a large kettle over the fire, almost filled with water, and let heat to boiling point. You will need a large kettle, as the calf's head should be almost entirely under water. After the butchering, when the animal heat is well out of the head, lift it by one ear and hold it in the kettle of boiling water, nose down. It will scald in a few minutes, so that with a sharp knife you can easily scrape off the hair, leaving the head nice and white and clean. Wash thoroughly, then saw off the nose, just at the corners of the mouth, being careful not to saw through the tongue, or to saw on to the teeth. With a sharp, pointed knife, take the eyeballs out, first cutting the muscles around them, then cut off the ears and

remove the ear drums, and then wash the head again thoroughly and rinse in cold water, after which put in a kettle or pail of cold water and let it soak overnight.

For this head cheese I also use the heart, liver and lungs or "lights," as the latter are called, also the legs, as far as the knee. Carefully trim and clean the heart, liver and lungs, and let these soak in cold water overnight. The legs should be scalded, scraped, cleaned and washed, and also put to soak in cold water overnight. Next morning rinse all in clean cold water, and then put over the fire in several kettles of cold water to cook, adding salt. Cook slowly until the meat drops from the bones, then drain, pick out all the bones, and chop or grind fine.

The tongue should be removed whole, root end cut off and discarded, the rough skin or coating scraped off, and saved for a separate dainty, to be served cold, in slices. After chopping all the meat, add enough boiled-down liquid in which the meat was cooked to make the meat very moist. The liquid will be jelly-like and will help to make the meat hold together, so that it can be easily sliced when cold. Add salt and pepper and a little sage to taste, and while hot turn into molds and set away to cool and harden. Cover with melted lard and store in a cold place.

Hog's head cheese is prepared in the same manner, discarding most of the fat. If there seems to be too much fat on the liquid left after cooking the head and legs, skim the fat off and use the liquid underneath. Nice sliced, rolled in flour, and fried brown on both sides.

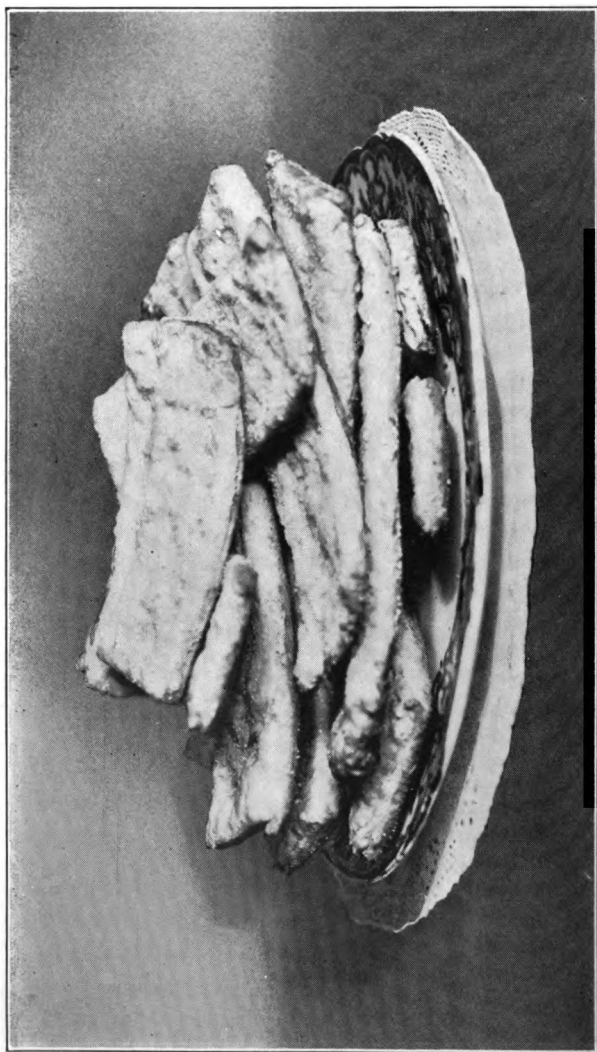
Hog's Head Pudding

Cut the meat from hog's head, discard the skin,



MEAT BISCUITS, USING LEFT-OVER MEATS

[See recipe on page 87.]



CHEESE WAFERS THAT WILL MELT IN YOUR MOUTH

[See recipe on page 87.]

and also use the heart, tongue and part of the liver. Wash all thoroughly and scald the tongues to remove the coating. Cook until tender, then grind or chop fine and season with salt and pepper, after which return to the liquor in which the meat was cooked, and when it begins to boil, thicken with buckwheat flour or corn meal. Be sure to season just right, and have the pudding stiff enough so it can be cut in slices when cold, to fry, like mush.

Potted Beef, Ham, Tongue or Liver

Boil either tongue or liver in salted water until very tender and put through the meat grinder. Boil down the liquid until there is just enough to moisten the meat nicely, being careful it is not too salty. Mix well with the meat, heat, put in little jars, and pour melted suet, lard or butter over the top, when cold. Potted ham can be made in the same way.

To one pound boiled lean ham add one-half pound ham fat, or if preferred, butter, a little cayenne pepper and white pepper, mix all together, pound until smooth, press firmly into small jars, cover with melted butter or lard, seal, and store in a cool place.

Boil beef until it is tender and separate from the bones. Then mince the meat fine, season to taste, and pack down solidly in small close jars, topping off with melted suet. Cover and store in a cool place.

Sausage Casings

Casings can be made from the intestines of beef, hogs or sheep, the sheep casings being used for small sausage, like wiener-wurst, and hog casings for

link sausages, and beef for bologna sausage, ham sausage, and blood sausage. Empty as soon as possible, turn inside out and scrape and clean first the in and then the outside. The cleaning is easy where one has running water. Soak 24 hours in lime water or lye water, turn, scrape and rinse again, then salt down and use when needed. When one cannot clean the casings, good substitutes can be made by stitching up tubes of new unbleached muslin, one and one-half or two feet long, and two or three inches in diameter, when filled. When ready to hang away, rub the outside well with melted lard, to exclude all air, and sprinkle with pepper.

Uses for Bladders

Wash, scrape and clean thoroughly, soak in salt water, rinse, and then inflate and tie them. When making preserves, cut off pieces large enough to cover the mouths of the jars, pour boiling water over the bladder pieces, then stretch them tightly over the jars and tie securely. These are equal to self-sealing, air-tight cans. Bladders are also useful to keep sausage meat. Stuff full of the sausage meat, tie securely and smoke.

Filling Sausage

Sausage meat should be finely ground, as it keeps and holds together better. Beef alone, or pork alone can be used, but better two-thirds fat and lean pork, and one-third beef. Vary the seasoning by using pepper, onions, sage, nutmeg or cloves—the latter two are not very common. For filling the skins a piece of bone two or three inches long is most serviceable, but a piece of tin, shaped into a funnel, smallest end a trifle smaller than skins, will do very

nicely. Insert this funnel into one end, hold in left hand, and proceed to fill, using the thumb to force the meat down. Prick the casings often with a hat-pin, to let out any air. To have a change, make some with cooked barley and some with potato (raw), finely chopped or ground. Use the proportion of one-quarter of barley or potatoes.

Liver Sausages

Boil liver till done, chop, season with black and red pepper, sage and salt, and pack in casings or long narrow muslin bags, and hang up to dry. Smoke with sassafras chips.

Boil the liver and heart until tender. Chop very fine, season to taste with salt and pepper. Add some clean currants, if liked, mix well, and fill into casings. Should be fried brown and served hot.

Boil a pig's liver 10 minutes, then grind or chop fine and add twice as much cooked lean pork, and one-quarter pound fresh bacon, also ground or chopped. Season to taste with salt and ground pepper, cloves and nutmeg. Fill into casings, leaving about two inches space in each sausage unfilled, as the liver swells. Boil the sausages one-half hour in salted water, then put them in cold water 10 minutes, after which they may be smoked or hung in a cool place to dry.

Kidney, Heart and Liver Sausage

Split the kidneys and soak them in strong salt water, changing the water several times, then wash thoroughly and put them in a large kettle with the heart and liver, bits of pork rind, and scraps of lean pork. Cover with water and boil until tender. The

liver must be lifted out after boiling 10 or 15 minutes, as it does not require such long boiling as the rest. When the meat is all tender run through a sausage grinder, season with salt, pepper and a little thyme, pack into crocks, and set the crocks on the back of the range until they are hot. This helps to pack the meat more solidly. Cover with melted lard and set away in a cool place.

Bologna Sausages

Chop very fine six pounds lean beef, one pound salt pork, three pounds lean fresh pork and one pound beef suet. Mix well, then add one ounce ground white pepper, one teaspoon ground mace, three ounces salt, one-quarter teaspoon cayenne pepper and one large onion, chopped very fine. Mix well, then fill into casings, or muslin bags. Make a strong brine that will float an egg, put the sausage in this, and let remain two weeks, turning and skimming ever day. At the end of the first week, throw away old brine, and put the sausage in a new brine for the second week, then take out, drain and smoke for a week. After smoking, rub over the outside thoroughly with melted lard, and if you wish to keep the sausage for any length of time, sprinkle outside liberally with pepper, after rubbing with lard. Hang in a cool, dry and dark place.

Use trimmings of fat and lean portions of pork, taking care to have twice as much lean as fat. After trimming and cutting, weigh the pork and add one-quarter its weight of lean beef. Chop or grind fine and then season with two and one-half pounds salt and 10 ounces ground pepper for each 100 pounds ground meat. A little sage or thyme may also be added, if liked. Mix thoroughly and let stand in a

cool place about 24 hours, after which fill into casings and fry down in hot lard. Put into crocks and cover with hot lard, and store in a cool place.

Scrapple

Cook until tender, hogs' livers, hearts and scraps of lean meat. Salt to taste, and when done, remove the meat, boil the liquid a little longer, and then thicken with cornmeal until it is a thin mush. Let this cook well, and then add the meat, minced fine, and salt, pepper and sage to taste. Pour into pans to cool, and when wanted, slice and fry until brown on both sides. Another way is as follows:

Clean and cut up one hog's head and remove all skin and larger bones. Let soak in salt water overnight, and next morning wash again and put over the fire in cold water enough to cover. Cook slowly until the bones separate from the meat, then drain, pick out all the bones and hard gristle, and chop or grind the meat fine. Strain the liquor and return it with the ground meat to the kettle, season with salt and pepper to taste, and when it begins to boil, stir in, slowly, enough cornmeal to thicken, adding some white flour to make it hold together. Stir constantly until done, then spread out in pans, and when cold cut in slices and fry brown on both sides. By running melted lard over it, it can be kept a long while.

Mince Meat, Canned

To eight pounds meat (either pork or beef, or both mixed) boiled and chopped fine, add six pounds cleaned currants, six pounds seedless raisins, four pounds suet, two pounds citron, 20 pounds raw apples, all chopped fine, 12 pounds sugar, two gallons

boiled cider, 12 tablespoons cinnamon, eight tablespoons mace and four tablespoons each of allspice, salt and grated nutmeg. Put the cider in a large kettle, let it come to a boil, and then put in the other ingredients, well mixed together and boil one hour, stirring frequently. Can while hot, in air-tight jars, with a layer of melted lard or suet on top. If all the usual canning precautions were observed, mince meat canned in this way will keep indefinitely.

Calf's or Pig's Foot Jelly

Clean and scald the feet, cut up, cover with water, and boil until the liquid is reduced to one-quarter. Salt to taste, then strain through a cloth and set away to get solid. Serve cut in small cubes.

● Odds and Ends

Clean all the lumps of clotted blood out of the heart, boil till tender, add scraps of meat to make a rich gravy, and when tender stuff with a dressing made as for roast turkey. Bake till brown and serve with gravy made of the liquor it was boiled in.

Soak the blood out of the liver, boil till it crumbles, mix with equal quantity cornmeal mush, season with salt, sage and pepper, and pack in a cloth till cold, when it can be molded in cakes, rolled in meal, and fried like sausage.

Brains and sweetbreads are nice dipped in egg, rolled in cracker crumbs and fried in hot lard.

When dry curing meat, after rubbing the dry mixture well into the meat, over rind and all, take a sharp stick and crowd some of the curing mixture down the bone of the joints, as far as possible. This makes the curing process more thorough, as meat always begins to spoil first around the bones.

POTATOES

Ways to Cook Potatoes

Potatoes form a generous part of our vegetable diet especially during the winter and spring months, and fortunately for the cooks there is an almost endless variety of ways in which they can be prepared for the table. Once in a while, for a change at least, it is nice to have them served in some unusual way; although they are considered most healthful when baked, and are nice for the children when mashed.

To Boil Potatoes

It would seem to be a very simple matter to boil a potato, and yet there is a proper and improper way of doing even this. First wash potatoes, then peel and drop in cold water, and if the tubers are old, let them stand in fresh cold water for an hour or two, to draw out the sharp flavor. Use an agate or porcelain-lined vessel. Cover the potatoes with fresh boiling water, add salt, cover closely, and boil briskly until done. Test with a sharp steel fork. When done, drain off water and put the pot on back of the stove to let the potatoes dry off, then cover with a clean napkin to keep warm, but do not delay the serving any longer than necessary. When potatoes are to be boiled "in their jackets"—that is, without peeling—wash them clean and follow the above directions. When done put them in a hot oven a few minutes to dry.

To Bake or Roast

To bake potatoes, wash, place in a hot oven, and prick the skins with a sharp fork, to allow the steam to escape. Potatoes are also nice when baked with the roast meat. Peel and cut in uniform size, place around the roast during the last three-quarter hour, and baste potatoes along with the roast meat.

To Fry Potatoes

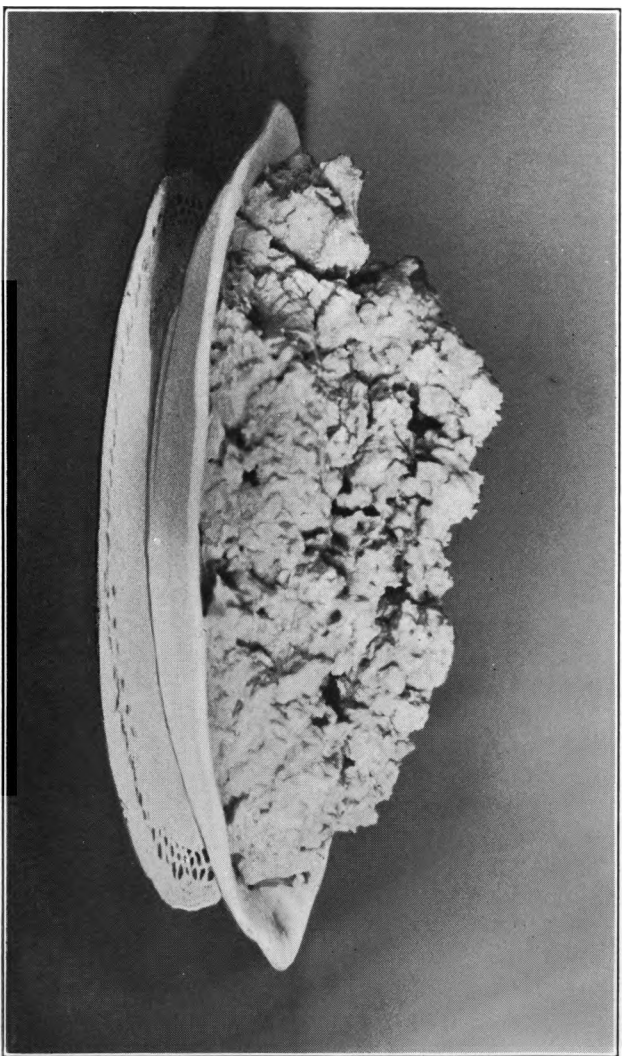
Boiled potatoes for frying should not be too soft and mealy; cut in thin slices and fry in very hot drippings, turning so that they may be browned evenly; but do not have too many potatoes in the pan at once, and be sure to have the fat hot, and fry quickly, otherwise the potatoes will soak grease and turn out unpalatable and unwholesome.

To fry raw potatoes slice them any thickness desired (for potato chips they should be cut very thin), dry thoroughly on a clean towel, and drop in smoking, hot fat, the same as doughnuts, turning to brown on both sides. Do not put too many potatoes in at once, as this would reduce the temperature of the fat and cause the potatoes to soak grease. When done skim out the slices, lay them out on a piece of soft paper to soak up the superfluous fat, sprinkle with salt, and serve hot. They should be nice and crisp.

Another way is to peel the potatoes and then peel them again, so as to have a long spiral ribbon, and bake these in deep hot fat.

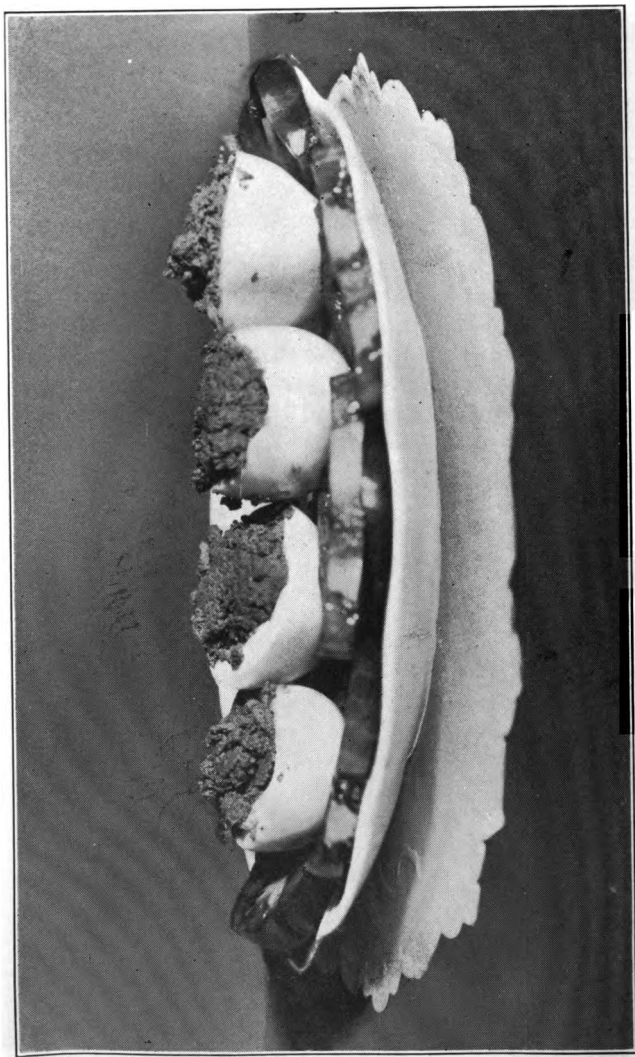
Mashed Potatoes

To prepare mashed potatoes, mash the potatoes after boiling and draining, add hot milk and butter,



POTATO PUFF, DELICIOUS, SMOOTH AND CREAMY

[See recipe on page 84.]



DEVILED EGGS WITH SLICED TOMATOES

[See recipe on page 84.]

and beat until light. If desired, the yolk of an egg may be added, and a little more milk, the mixture turned into a buttered pudding dish, rolled cracker or bread crumbs sprinkled over the top, with dots of butter, and put in the oven to brown.

Escalloped Potatoes

Slice cold, boiled potatoes, put a layer in a buttered pudding dish, then a layer of cracker or bread crumbs, sprinkle with pepper and salt, dot with butter, and so proceed until the dish is full, topping off with bread crumbs and butter. Put in milk enough to come almost to the top of the potatoes, and bake brown. Raw potatoes can be treated the same way, and if liked, some finely cut onions added, and salt pork fried brown; add either milk or clear soup stock for liquid.

Escalloped Potatoes with Eggs

Ingredients: One pint cooked, diced potatoes, one-half cup cracker crumbs, two tablespoons butter, two tablespoons flour, four eggs, one cup milk, one-half teaspoon salt, one small chopped onion.

Cut potatoes into dice, and boil in slightly salted water until tender and then drain. Boil the eggs hard and cut into slices. Make a white sauce by blending the butter and flour together in a double boiler; when they begin to foam add the milk. Chop the onion fine, and brown in the batter before putting in the flour. Stir and cook, after the milk is added, until smooth and thickened. Arrange a layer of potatoes in a baking dish, then a layer of egg. Pour over this a little of the white sauce. Repeat until the potatoes and eggs have all been used. Stir

the cracker crumbs in the remainder of the white sauce, and spread over the top of the dish. The white sauce should be seasoned well with salt and pepper. Brown in a hot oven.

Escalloped Potatoes with Cheese

Ingredients: One pint cooked, diced potatoes, one-half cup cracker crumbs, two tablespoons butter, one-half cup grated cheese, two cups milk, two tablespoons flour, seasoning.

Boil the diced potatoes in slightly salted water. Make a white sauce with the butter, flour and milk, stirring until smooth and thickened; then add the grated cheese, and stir until melted; add seasoning to taste. Arrange the potatoes in layers in a baking dish, covering each layer with cream sauce. Stir the cracker crumbs into remainder of sauce, and spread over the top. Brown in a hot oven.

Stuffed Potatoes

Cut large baked potatoes in two, lengthwise, and scoop out the interior, keeping the shells whole. Mash the potatoes and to each one add one teaspoon grated cheese, one tablespoon cream, and salt, pepper and butter to taste. Whip until light, heap into the shells, and return to oven to brown. Serve with a garnish of lettuce and hard-boiled eggs.

Stuffed Baked Potatoes

Ingredients: Six large potatoes, one tablespoon finely chopped parsley, two egg whites, one-half cup chopped ham, two tablespoons butter, one-half cup cream, salt and pepper to taste.

Wash and bake the potatoes until tender, cut a slice from the top of each, scoop out the inside, and mash. To this mashed potato add the ham, butter, parsley, milk and seasoning to taste; then fold in the whites of eggs beaten stiff. Fill the potato shells with this mixture, replace the ends that were cut off, and bake until brown.

Potato Loaf

To one cup chopped suet add two quarts chopped potatoes, two large onions, cut fine, one cup meat gravy or soup stock, or milk and butter mixed, and salt and pepper to taste. Turn into a buttered baking dish, cover, and bake till done. Then remove the cover and brown the top.

Potato Pie

The ingredients are: One quart mashed potatoes, two tablespoons melted butter, one-half teaspoon salt, two cups chopped meat, one-half cup creamy milk, one teaspoon baking powder, one egg, flour and seasoning.

To the mashed potatoes add the melted butter, and the well-beaten egg, then the creamy milk. Add enough flour to make a soft dough, but one that will roll out. Cover a deep pie tin or a baking dish with this crust, which should be about half inch thick. For the filling for the pie use cold chopped meats, several kinds can be used if liked, and is a good way to use leftovers. Add a few chopped cold boiled potatoes. Pour over the filling a little good stock to moisten. Cover with the remainder of the dough, and bake until a nice brown.

Potato Scones

Ingredients: Six potatoes, one cup graham flour, one tablespoon butter, one level teaspoon baking powder, one egg, one cup cream or milk, one-half teaspoon salt.

Boil potatoes in slightly salted water until well done, mash and beat up until very smooth; then add the egg, cream and melted butter. Sift together the flour, salt and baking powder, stir this into potato mixture, mix into a firm dough, roll out to a thickness of half inch, and cut into squares with a sharp knife. Bake on a hot griddle.

Potato Biscuit

Ingredients: One pint mashed potatoes, one tablespoon lard, one tablespoon butter, one pint sour milk, one teaspoon salt, flour.

Mash the potatoes and when hot add the salt, butter and lard. If cold mashed potatoes are used heat, adding a little milk to soften. Add the sour milk into which has been stirred a teaspoon of soda, and then add enough flour to make a soft dough. Cut out with a biscuit cutter and let stand in a cool place for an hour, then bake in a quick oven.

Potato Souffle

Ingredients: Six large potatoes, one-half cup cream or milk, one tablespoon butter, three egg whites, seasoning.

Bake the potatoes in the oven until soft. Remove from skins and force through a potato ricer, add the butter and salt, and white pepper to taste, heat the cream or good rich milk and stir in. Beat up the

whites of eggs until stiff, cut in lightly with the potato mixture. Turn into a well-buttered baking dish. Brush the top over with slightly beaten egg. Place in hot oven until well puffed and delicately browned. Serve immediately in baking dish.

Potato Omelet

Ingredients: One cup mashed potatoes, one cup cream or milk, four eggs, two tablespoons butter, salt and pepper.

Stir into the mashed potatoes one tablespoon melted butter, add the salt and white pepper and beat to a white cream. Beat the yolks and whites of eggs separately, add the yolks to the potato, and then the cream or rich milk; then fold in the whites of eggs. Melt one tablespoon butter in frying pan, and turn in the mixture. Let it brown on under-side, then place in the oven to set. Fold and serve as usual.

Potato Croquettes

Ingredients: Six medium-sized potatoes, one tablespoon butter, two eggs, salt and pepper to taste.

Peel, wash and boil the potatoes until tender, adding half teaspoon salt to the water. Drain and run through a potato ricer. Mix with one tablespoon butter, the yolks of two eggs, season with salt and pepper to taste. Form the mixture into egg or ball shape, dip into beaten egg, then into cracker crumbs, or better bread crumbs, and fry a delicate brown in deep fat. If liked, a little chopped parsley can be added, or a few drops of onion juice.

Potato Salad

Ingredients: Six large potatoes, two small onions, three tablespoons sugar, one-half cup milk or cream, one-fourth cup vinegar, four eggs, one tablespoon butter, one teaspoon cornstarch, one teaspoon mustard, salt and pepper.

Boil potatoes until tender, but not so they will fall to pieces. When cold, slice. Boil three eggs hard, and drop them into cold water. When cold peel and slice. Mix potatoes, eggs, and two small onions chopped, then pour over them a dressing made as follows: Place in a double boiler the cream, butter, salt, pepper and sugar, and when heated stir in a beaten egg and a little water in which has been dissolved the cornstarch. Stir until smooth and thick and add the mustard, and the vinegar when cold. Stir this dressing well into the potato mixture.

Potatoes and Pork

A very nice dish is made of diced potatoes, salt pork and onions. Cut the pork in pieces, fry brown, and then add the potatoes and onions, and let all brown together.

Baked potatoes with bacon make a fine breakfast dish. Wash a half-dozen potatoes, and cut lengthwise. Lay in a baking pan, dust over with salt and pepper, and then lay a thin slice of bacon on each potato. Bake in the oven until the potatoes are tender, and the bacon is a nice brown.

Another nice way to bake potatoes is to cut them into halves crosswise, and scoop out the center in cup shape. Chop some cold ham or other meat, and mix with a little seasoning and melted butter. Fill

the potato cups with this, and bake in the oven until the potatoes are tender.

Sweet Potato Croquettes

Mash cold sweet potatoes and to each quart add one teaspoon salt, two tablespoons sugar, one beaten egg, and scant one-half cup rich milk, with a very little flour—just enough to handle. Shape into small biscuits, roll in flour, and fry brown on both sides in hot butter.

Stuffed Sweet Potatoes

Peel large, short, sweet potatoes, and cut in half lengthwise; scrape out one-third of the potatoes, and fill the cavities with pork sausage meat, then lay the halves together again, and fasten at each end with a wooden toothpick. Put in a baking pan with a little water, and bake until tender, with a moderate fire, basting occasionally.

Candied Sweet Potatoes

To two cups sugar add one cup water, and boil until it syrups the same as for preserves, then remove from the fire and stir in one heaping tablespoon butter. Slice boiled sweet potatoes into a buttered baking pan of the proper size, pour the syrup over them to almost cover, put extra bits of butter about on top of them, and bake about one hour, or longer, basting occasionally by tilting the pan and dipping up some of the liquid. Be careful not to let the top get dry. Serve hot in the pan in which it is baked.

VEGETABLES AND FRUITS

Canning Vegetables

There is a scientific reason for the failure of most cooks to prepare vegetables so that they may be kept indefinitely in jars for winter use. Most vegetables are rich in starch, and those that are, are never sterilized by one cooking; sometimes this is done by a second, but give the vegetable a third cooking and the contents of the jar will be safe.

The first boiling kills the starch germs then alive, but it does not kill those unhatched, and of those some ripen the second day, to be destroyed by a shorter time of boiling, and those that come out on the third day will need even less boiling, and then no more will develop. This bit of knowledge was the explanation given by a noted bacteriologist to his wife why her vegetables all spoiled, though she had put them up according to the rule of Mrs Z., a well-known writer and speaker on cooking. Mrs Z. had advised her to boil them twice, but they had spoiled just the same. Not one has spoiled out of hundreds preserved after the three-time manner.

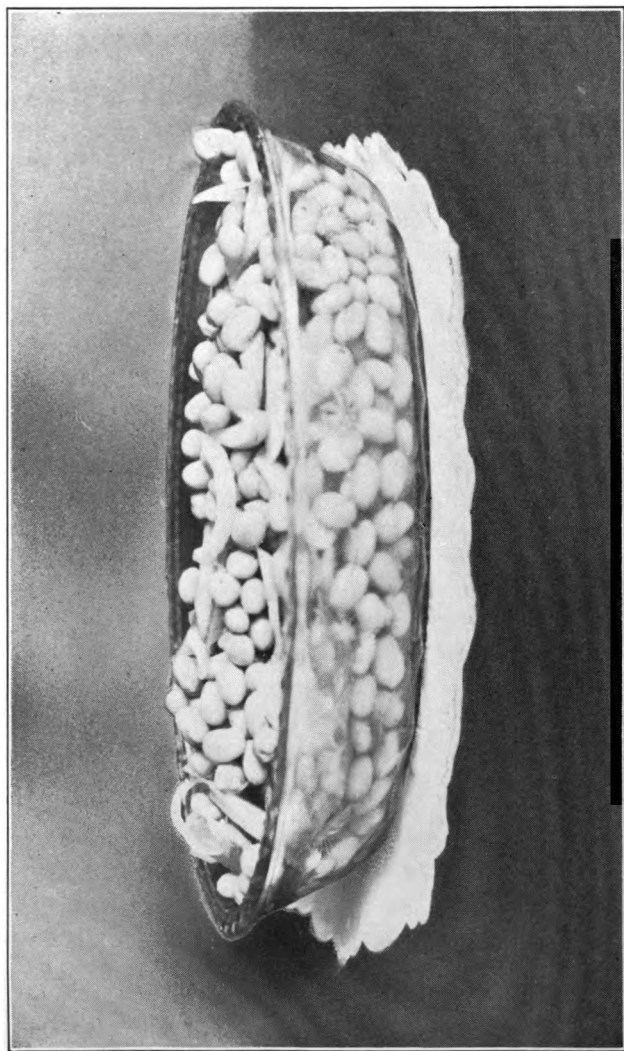
The writer has canned dandelions and found them delicious in the early spring and late winter. She had such quantities gathered and cleaned that she expected to have at least a dozen jars, but had only four quarts.

After the greens were thoroughly cleaned and washed they were left standing overnight in a crock of cold water, which served the double purpose of drawing out a little of the bitter and of freshening



CANNED STRING BEANS THAT WILL KEEP

[See recipe on page 89.]



BEAN SALAD, WITH SWEET-SOUR ONION DRESSING
[See recipe on page 89.]

the drooping leaves. Early in the morning they were put in a kettle with no more water than came out as they were lifted from the crock, and were cooked with *no salt* until they were tender. As they were young and small, the cooking lasted about half an hour.

Three Boilings for Safety

Then they were packed into glass jars as closely as they could be pressed in, jars filled to overflowing, the tops snapped on, and the jars left until the next morning, when the snap was loosened on the cover, which was not lifted, the jars set on a bit of wood in a kettle filled with water to their necks, and left to boil for twenty minutes. Then the snaps of the jars were fastened and the jars left in the water, though this is not absolutely necessary. The same method was followed the next day, and the jars when cooled were set away.

Vegetables cooked in this manner retain all their freshness and flavor, for they are never exposed to the air after they are put in the jars. Spinach needs a trifle less cooking, unless the leaves are old, but for canning it is not wise to take old vegetables, and if they have been gathered a day before they are to be cooked, they should always be freshened by soaking in cold water to cover.

The housekeeper who tries to clean and can all the dandelions or spinach to fill more than two quart jars and do the canning all in one day has undertaken too much for the average woman. This rule is also recommended for Swiss chard, beet greens with tiny beets, and many greens to be found

wild in the country. Any of them will keep if prepared as thus directed.

There is another method of preserving these things, an old one which some housekeepers may like to try. Into a stone crock lay a thick layer of any greens, then a liberal sprinkling of coarse salt, and so on until the crock is full, the top layer being of salt. Cover and weight down, and leave until wanted. When the vegetable is to be used it must be removed from the brine, washed in several waters, left to soak overnight, and then cooked as if fresh. The odor when the cover is lifted is not inviting, but the greens after the washing and soaking will be found unspoiled. This is not nearly as good a way as the other, as it destroys the delicacy of flavor in the finer greens. Our grandmothers used this for dandelions and string beans. The German method of making sauerkraut is the same as this, only that less salt is used, the cabbage being shredded, and a few juniper berries added.

For canning beans, they should be put into the jars as solidly as possible when snapped, water run on them until there are no bubbles, and the beans are covered, the lid laid on the top, and then the jars set on something to keep them from touching bottom, water added to their neck, and then left to boil well for at least an hour. No salt is to be put with them, or with any other vegetable thus canned. Since the writer has ceased to salt tomatoes when canning them, she has had none spoil. Fasten the lids on the jars, and next day repeat the process as outlined for dandelions.

Young peas can be cooked this way with hardly any water, but beans do not get tender without it.

Young corn, cut from the cob, is to be packed down with a spoon until no more can be crammed into the jar, no water added, and then cooked an hour or more. There is very little probability of overcooking any vegetable that is canned. Corn is one of the vegetables surest to spoil without sufficient, repeated cooking. It is delicious cooked without any water in the jar, but all the milk of the corn should be added to the contents of the jar.

Squash and turnip may be saved in this way, though one seldom cares to can these vegetables, unless one lives in a city flat and has to can them to keep them from spoiling.

Carrots and peas together can be done in the same way, the carrots cut in dice as small as peas and enough water added to the jar to develop a steam to cook them through. If the vegetables are packed as solidly as they should be in the jar there will be none too much water if it comes to the top. For this, the young, small carrots should be chosen. The combination is very good.

There is a rankness to water in which cauliflower is boiled which makes partial boiling before placing in jars better than cooking wholly in glass, as with other vegetables. The cauliflower, broken in bits, is packed in the jar so solidly that there are no interstices, and then twice heated, as before directed.

Acid vegetables, like tomatoes, and acid fruits, need only one cooking.

Shelled beans and limas are preserved excellently by this method of triple cooking, which in their case is important. Corn and beans (succotash) can be combined with good results in canning.

Under ordinary conditions one will never care to can potatoes, but out in the mountains of the West,

canned potatoes have been of great service at times. One may can them by boiling, mashing, packing well in a jar, and reboiling on two consecutive days.

It is not as much trouble as one might think to repeat these boilings, for boiling is what is necessary—not a mere reheating. It will be accomplished while one is doing up the morning tasks, and the result in winter will be ample compensation for all the work. Only fresh, perfect vegetables should be chosen for canning, for poor articles will not produce good results. Nothing from a garden need go to waste if one will can the superfluous green vegetables, and there always is the best kind of a market for home-canned vegetables, even more than for fruits.

Do you know how good beets can be made to taste if put away for winter in just the right way? They are a vegetable with which cooks do not, as a rule, take the pains they do with other things.

Select beets which will just slip into the top of a fruit jar, also some smaller ones. Clean with a vegetable brush, but be careful not to cut them to make them "bleed," for if the juice escapes while cooking they become colorless and tasteless. Boil until very tender. Remove from the kettle and pour cold water over them, after which the skin and roots will slough off easily. Slice them into a granite kettle and pour over them a pickle made in the following manner:

To two quarts good vinegar add one and one-half pints rich molasses and when this is hot drop in a bag of mixed spices, break in several sticks of cinnamon, and add one-quarter teaspoon table salt. Let this syrup boil until it is rich enough to suit the taste.

After beets have been well covered with syrup pickle, return to the fire and let them come to a brisk boil; then set on the back of the stove and stew slowly for two hours. They are then ready to can and put away. It will do no harm to let them stand in the pickle overnight and reheat in the morning, if more convenient.

Small-sized beets are very nice prepared for winter in this way: Boil until tender and salt a little before quite done. Cut in two or three pieces according to the size, pack in fruit jars and pour over them weak vinegar, heated but not boiling, and seal. When opened drain off most of the vinegar, heat them in a granite basin, and season with salt, pepper and a good-sized piece of butter. Serve very hot.

To Can Ripe Tomatoes

Use only good, firm, ripe tomatoes, discarding all doubtful and imperfect ones. Peel with a sharp knife, or by scalding them in hot water a few minutes, cut out all the hard parts, and cut the tomatoes in halves or quarters, according to their size. Put in a perfectly clean preserving kettle of agate ware, or porcelain lined, and be sure that no taste or odor, or any sign of its previous contents are noticeable. Set on the back of the stove a few minutes to extract the juices, then draw to the front and let them boil fifteen or twenty minutes, or until tender, and thoroughly heated through. A little salt to taste may be added, if desired, but it is not necessary, and the tomatoes may be strained or not, before canning. I think it is better not to strain them. Have the sterilized jars and covers ready

in the usual way, fill up the jars with the boiling hot tomatoes, pass a silver fork or spoon through the contents to cut the air bubbles, shake the jar gently to settle contents, and when you are absolutely sure that it is packed as closely as possible, and there are no more air bubbles in the can, fill to overflowing with the juice and screw on the hot covers as tight as possible. Put no more of the juice in the cans than necessary. The surplus juice can be bottled and sealed separately and used for soup flavorings, etc. If the tomatoes were good, and no decayed spots or particles were allowed to slip in, and if the jars and covers were properly sterilized and the rubbers were new, and the covers fitted perfectly, and if no air was canned in with the tomatoes, then there is absolutely no reason why they should spoil. Be absolutely sure that the jars are sealed air tight, and when cooled brush edge of the lids with melted paraffin. Do not lift the cans by the tops as this would loosen the lids. Slip a paper bag over each can, and store in a cool, dark and dry place. It is best not to attempt to can tomatoes on a very hot, or sultry day, when the air is damp and full of unwholesome germs, and it is also best not to attempt to do too much canning in one day.

To Can Pumpkin

Select a good, sweet, fine-grained pumpkin, pare and cut into small pieces. Cook slowly until about half the original bulk. (If cooked too dry it is not juicy enough to keep.) Fill cans almost full and pour one-half cup hot sugar molasses on top. Wipe off, and seal with wax, as you would any fruit. This will keep a long time, and is a fine way to keep

pumpkin when they will not keep whole. To hasten the process of canning, when the pumpkin is tender, run through a sieve and finish cooking in a moderate oven, using a large granite pan.

Canned Baked Apples

Not many people succeed in keeping canned apple sauce, as it molds very easily. We are very fond of baked apples. Last winter, when apples were sorted in the cellar, I took those that had begun to rot and baked them. I left the pieces rather large, covered the bottom of a small granite dish pan with them, sprinkled generously with cinnamon and sugar, then more apples, until the pan was full. I added quite a bit more water than for apples to be used at once, so as to have plenty of syrup to fill cans. I canned same as any other fruit, being sure to add plenty of syrup, as it will settle. They have kept perfectly and are delicious for pies or sauce. This would be a good way to clean up the old apples, when cleaning the cellar.

Pickled Apples

Boil together one quart vinegar and six cups brown sugar. When it has come to a boil, skim and add one teaspoon each cloves, cinnamon and allspice, then fill the boiling spiced syrup full with sweet apples that have been washed and wiped dry, cut in halves and the cores removed. Do not pare the apples. Let boil until soft but not soft enough to break. Can and seal air tight. Give the cans a little shake, once in a while, when filling them, so the contents will settle down and the air bubbles break. Be sure to fill the cans overflowing full.

Sweet Pickled Prunes

Soak four pounds large prunes twenty-four hours, then steam twenty minutes. Boil together ten minutes two pounds sugar, one pint vinegar, one ounce each of whole cloves and stick cinnamon, and one-quarter ounce ginger. Add the prunes, simmer very gently until tender, then can and seal.

Green Tomato Pickle

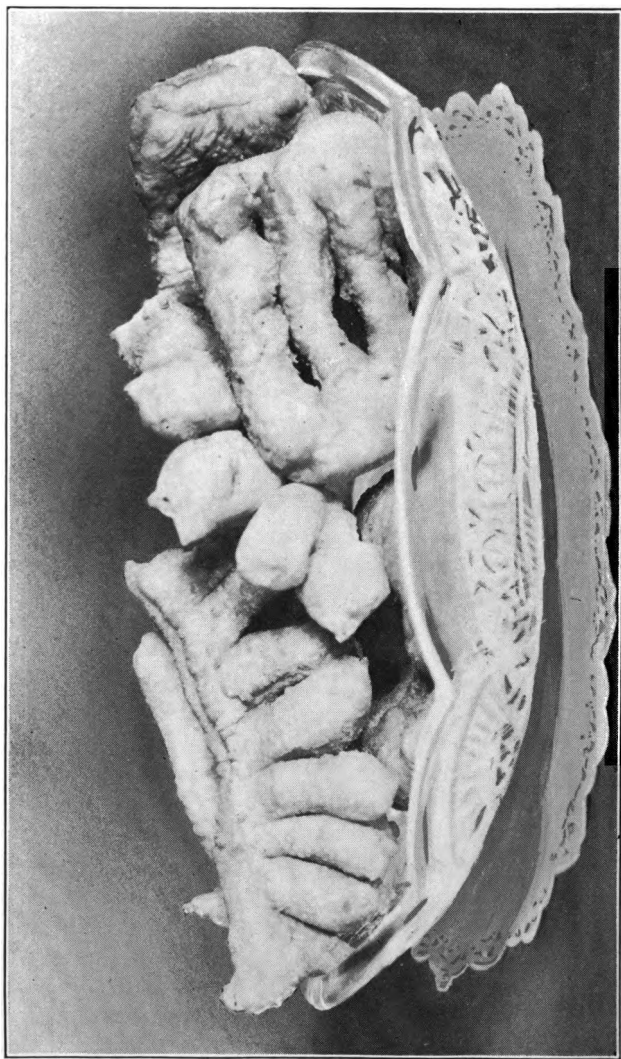
Green tomatoes are the most used and the most abused for pickling. Many soak them all night in salt water, which toughens them, and as a consequence green tomato pickle is not a favorite. Green tomato pickle as I prepare it may not look so fancy as some other pickles, but it tastes good, and that is the most important consideration. I put the tomatoes and other ingredients all together, and cook until the tomatoes are tender, and seal while the mixture is boiling hot. In this way there is no tiresome soaking in brine, draining, reboiling, etc. One can put up a big lot in the morning and have it done ready to put away before dinner. In the first place, do not use undersized, very green tomatoes, but select those that are full grown and green, almost ready to ripen.

Slice one gallon green tomatoes without peeling, but cut out the hard stem ends. Core, peel and slice six good-sized onions (white onions are best), add one pint best cider vinegar, one pint sugar (white or brown), one tablespoon each salt, ground mustard, whole black pepper and white mustard seed, one-half tablespoon whole allspice, and one heaping teaspoon whole cloves. Mix well together and then stew until tender, stirring often to prevent



MILK ROLLS, NOURISHING, LIGHT AND FLAKY

[See recipe on page 83.]



WATER CRULLERS, LIGHT, CRISP AND INVITING

[See recipe on page 84.]

burning. If one wishes a hot or extra peppery taste, add one-half teaspoon red pepper, or one red pepper pod cut up in small pieces, with the seeds taken out. This pickle may be boiled until tender and each slice of tomato retain its shape. There will be plenty of rich juice without adding water, but if it should become too dry before boiled tender, add a very little hot water. Put up in glass jars and seal. The above given quantities will make about four or five quarts of pickle. Set away in a cool, dark and dry place. This same recipe may be used for ripe tomatoes, or half ripe ones.

Some Cabbage Dishes

These recipes are particularly adapted to the first early cabbage, when it is not firm enough for slaw and other dishes for late fall and winter. Summer cabbage is rarely white enough and solid enough to shave very fine, so the housewife in a hurry will appreciate these good things:

Browned Cabbage

Cut the cabbage as fine as you can and simmer twenty minutes in just enough water to keep it from sticking. A small lump of butter will help in the cooking. Season lightly with salt and pepper to taste. Have ready three or four thin slices of bacon cut fine crosswise and fry carefully until a nice brown. Pour off part of the fat and add one tablespoon flour rubbed smooth in a little cold water. Then add the cabbage, which should be thoroughly cooked, and mix well with the bacon and dressing. Draw to a safe place and let it cook a little more till

dinner is served. If liked, the flour can be blended with a little weak vinegar, instead of water, for the dressing.

Cabbage with Egg Dressing

Cut the cabbage and steam it with just enough water to keep from scorching. Season when first put on, with salt and pepper and add a generous lump of butter. Beat well one egg for each two small heads of cabbage, add one teaspoon sugar, pinch of mustard or a teaspoon of prepared mustard, and one-half cup vinegar. Examine cabbage before adding vinegar, and if very wet do not dilute the vinegar, but if very dry, do not use the vinegar too strong. Beat one tablespoon flour with the egg, sugar, mustard and vinegar, boil, and when ready to serve dinner pour the dressing over the hot cabbage. Let it cook another minute or two before taking up.

Fried Cabbage

This sounds very unhealthy, but really is not, if made right. Cut the cabbage and heap it in a frying pan. Salt and pepper it and put in a large lump of butter. If you have any fryings from beefsteak or roast beef use a little to flavor, but do not use pork fryings. Steam and fry until it is a delicate brown. Serve with mashed potato.

BREADS AND YEASTS

Breads of All Kinds

Down deep in the heart of every housewife is a desire to introduce something new and tempting in the way of breads for good bread is the staff of life. While bread making is an art, and requires experience and skill in mixing and baking, there is nothing intricate or difficult, that the average person cannot understand.

Homemade Yeast

Boil two ounces hops in four quarts water one-half hour, strain, and when the liquor is lukewarm add a small handful salt and one-half pound brown sugar. Mix one-half pound flour to a smooth paste with some of the liquor and then mix all well together and let stand two days, then add three pounds raw potatoes, grated, mix well and let stand another day. It should be stirred frequently and stand in a warm place. When baking bread you will find that it will not require more than one-half of this yeast as compared to other yeast.

Fresh Yeast

To four large tablespoons hot mashed potatoes add one-half teaspoon salt, one teaspoon sugar, and hot water enough to make a thin batter. When lukewarm, add one cake compressed yeast, thoroughly dissolved in a little lukewarm water. Stir well and set in a warm place to rise overnight. Always make yeast fresh the day before you bake

bread. This insures sweet, delicious bread, with no sour taste.

Perpetual Yeast

Dissolve one cake compressed yeast in one pint lukewarm unsalted water in which potatoes were boiled. Mix well, add one-half cup sugar, stir thoroughly, pour into a two-quart glass jar, cover loosely and then let stand in a warm place overnight. Next morning it will be a foaming mass. Put the rubber on the can, screw the cover down tight and set away in a cool place. When ready to make bread, pour into the can of yeast foam prepared as above one pint lukewarm water in which potatoes were cooked, mix well, and then stir in one-quarter cup sugar. Let the can stand open in a warm place about five hours, or until the contents are very light and foamy. Then stir it down and use one pint of the mixture for raising four loaves of bread. Put the rubber and cover on the jar again and keep in a cool place. Some of this yeast may be used once or twice a week, or every night, by adding fresh potato water and sugar, as described above.

Boiled Potato Yeast

To one quart hot, unsalted, mashed potatoes add one quart hot, unsalted water in which the potatoes were boiled, and a paste made of three tablespoons flour and a little cold water. Beat well, and then add three tablespoons sugar, two tablespoons salt and one pint cold water. When this mixture is lukewarm, add one cake compressed yeast, thoroughly dissolved in a little lukewarm water. Let stand in a warm place until light, and when light, use as much of this yeast as you have water—one

quart yeast and one quart water with flour enough to knead to the proper consistency will make about five or six loaves of bread.

Raw Potato Yeast

Peel and grate five medium sized raw potatoes, put in a gallon crock and add one-half cup each salt and sugar and stir well, then pour in boiling water, stirring constantly until the mixture thickens. Stir or beat with a spoon occasionally while allowing it to cool, and when lukewarm add one-half pint old yeast or half cake compressed yeast dissolved in a little lukewarm water. Set away in a warm place until light.

Hop and Raw Potato Yeast

Boil a handful of hops in one quart water, then strain, pour the liquid in a jar and add to it one cup sugar, one-half cup salt, one level tablespoon ginger and eight medium-sized raw potatoes, grated. Mix well, and when lukewarm, add two cakes compressed yeast, thoroughly dissolved in a little lukewarm water. Cover and let stand in a warm place till light, then seal and keep in a cool place. Shake jar before using. One cup is enough for three loaves.

Buttermilk Yeast Cakes

Scald one quart fresh buttermilk, but do not let it boil, and while it is scalding hot sift in about one and one-half quarts white corn meal mixed with one teaspoon salt. Stir vigorously, and when the mixture is lukewarm stir in one cake compressed yeast, dissolved in a little lukewarm water. Set away in a warm place to rise, and when the mixture has

become very light, stir it down again. Do this three times and then add more corn meal and flour sufficient to make the mass stiff enough so it will stick together and can be easily handled. Form into small cakes and let them dry.

Tanzy Yeast

Boil together in one pint water one large potato and about 10 tanzy leaves. When the potato is soft, skim out the tanzy leaves, mash the potato fine and when lukewarm stir in two tablespoons flour and one cake compressed yeast, dissolved in a little lukewarm water, one tablespoon sugar and one teaspoon salt. Set away in a warm place until light and foamy, then stir in about one and one-half pints white corn meal. It should be quite stiff. Roll out on a well floured board, about one-half inch thick, cut in one-inch squares, and dry. Store in sealed paper bags and hang in a cool place. Use one of these cakes for three loaves of bread.

White Bread

At noon, when the potatoes are cooked for dinner, select three about the size of an egg, mash very fine, add one level tablespoon salt, two of sugar and three of flour. Mix all well together, then add scant three-fourths cup boiling water, stirring vigorously, and when lukewarm add one cake compressed yeast dissolved in a little lukewarm water. Stir the mixture well, cover and let stand in a warm place. In the evening scald two cups sweet milk, pour it into the mixing pan, add two cups cold water, and when lukewarm add the light yeast mixture, and mix stiff with warm flour. Turn out on the bread board and mold into a large loaf, kneading about 10 or 15

minutes; then return to the mixing bowl, cover, and set in a warm place overnight. In the morning knead it down and divide into three loaves. Put into greased tins, and set in a warm place to rise until they have doubled in bulk. Bake one hour in a moderately hot oven.

White Bread (Perpetual Yeast)

For four loaves bread use three quarts flour, one scant quart lukewarm water, one tablespoon salt and one pint perpetual yeast. (See perpetual yeast recipe.) Knead the dough until thoroughly mixed, rub the outside of the mass with a tablespoon lard, or lard and butter, put in a bowl, cover and set in a warm place to rise overnight. Next morning mold into loaves, let stand in a warm place one hour, and when light bake one hour in a hot oven.

Potato Yeast Bread

Sift three quarts warm flour in a warm mixing bowl with one tablespoon salt, three-fourths tablespoon sugar and one-half tablespoon lard, then add one pint potato yeast and three pints lukewarm water. Knead thoroughly, set in a warm place, and let rise overnight. Next morning mold into loaves, set in a warm place until it has doubled in bulk, and then bake.

Hop Yeast Bread

After tea time make a thin sponge with warm flour, three pints warm water and one cup hop yeast. (See hop yeast recipe.) Cover and let stand two hours in a warm place until light; then knead into a loaf, cover and let stand in a warm place overnight. In the morning mold into three loaves, let rise, and

when light bake one hour. Have the oven quite hot when the loaves are first put in, and gradually moderate the heat.

Salt Rising Bread

To one small cup new milk add one scant cup boiling water, and stir into this one large cup white corn meal and enough flour to make as thick as cake batter, one tablespoon sugar, one-half teaspoon salt, and a small pinch of soda. Set away in a moderately warm place overnight. In the morning it will be light. Stir in a little warm water and a little flour to make of the proper consistency, and then set the mixing bowl in a vessel of warm water over the back of the stove, and by the time breakfast is over it will probably have risen to the top of the tin, or be thoroughly light. Next sift into a bread mixing pan enough flour for a large loaf (about one quart or more), add a little lard, salt and sugar, and mix up with the foamy "rising," using a little warm water if more wetting is needed. Knead well, shape into loaves, put in well-greased pans, and set in a warm place to rise. When light bake in a not too hot oven.

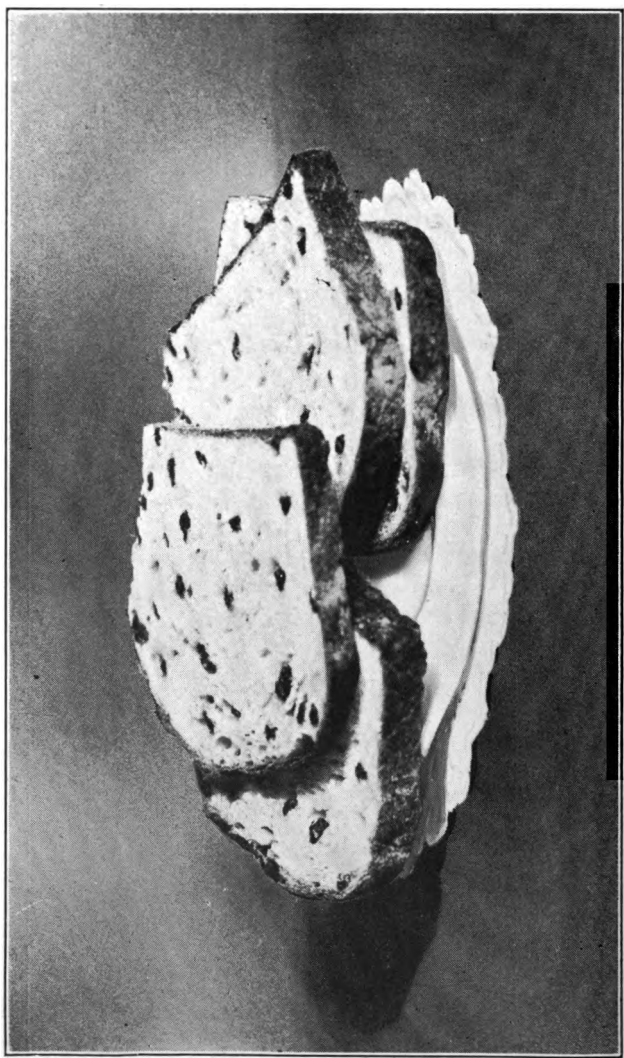
Yeast Rye Bread

Sift and mix together one and one-half quarts rye meal, one-half quart white flour, one level tablespoon salt, and one-half tablespoon caraway seed. Make a hollow in center of flour and pour in one cake fresh compressed yeast dissolved in one quart lukewarm milk and water mixed, and one level tablespoon melted lard. Stir in a little bit of the surrounding flour to make a soft sponge, cover, and set in a warm place to rise. At the end of one or



WHY BREAD, SOFT, MOIST AND NOURISHING

[See recipe on page 88.]



SLICES FROM A RAISED SWEET CURRANT LOAF

[See recipe on page 88.]

two hours it will be light. Then work into the sponge the rest of the surrounding flour, using a big wooden spoon, and work about 10 minutes, then cover and again put away in a warm place to rise, which will take from two to three hours, when it should double in bulk. Turn out on mixing board, sprinkle with white flour, and knead into loaves, kneading each loaf about 10 minutes. Put each loaf into greased pans, cover with a clean cloth, and let rise again. When light put into a moderately hot oven and turn bread every 10 minutes for the first one-half hour (three times), so that it will raise even. After the first one-half hour increase the heat some. After the loaves have baked one hour, take them out of the pans and put them on the bare oven shelves, and bake one-half hour longer. This will make a nice brown crust all around. When done wrap in a clean cloth, and lean against something until cold. When compressed yeast is not on hand, dry yeast may be used by starting the sponge the day before.

Soda Rye Bread

One pint sour milk, or one pint buttermilk, one-fourth cup molasses, one-fourth cup shortening, one-half teaspoon salt, one teaspoon soda dissolved in one tablespoon hot water, two cups rye flour, one-half cup wheat flour. Mix and bake in a moderate oven about 40 minutes. These proportions make a loaf of medium size.

Rye and Indian Bread (Without Yeast)

Sift together two cups rye flour, one cup corn meal, one cup white flour, one tablespoon sugar, one teaspoon salt, two heaping teaspoons baking pow-

der, and add one tablespoon lard or drippings, together with two cups sweet milk. Mix into a smooth batter, pour into a greased pan, and bake at once in a moderate oven about 50 minutes.

Raised Graham Bread

To one pint light bread sponge add one pint lukewarm water, and then stir in one quart graham flour, a little salt, and one-half cup sugar. Knead to the proper consistency with white flour, and let rise the same as white bread. This will make two loaves.

Graham Bread (Without Yeast)

Beat together well one cup molasses, one cup sour milk in which one teaspoon soda has been dissolved, two and one-quarter cups graham flour, three-quarters cup white flour and one teaspoon salt. Pour in greased tin and bake slowly 50 minutes.

Baked Graham Bread

To one-half cup molasses or scant three-fourths cup brown sugar add one-half cup each white flour and corn meal, two cups each graham flour and sour milk, and one teaspoon soda dissolved in a little warm water, added last. Bake in one-pound baking powder cans, about three-fourths hour.

Steamed Graham Bread

To one and three-fourths cups graham flour add one cup wheat flour, one-half cup corn meal, one teaspoon baking powder, half cup sugar, one egg, two tablespoons butter, one cup each sweet milk and buttermilk in which dissolve one teaspoon soda, one and one-half cups molasses, and a pinch salt. Steam two hours, then bake 20 minutes.

Entire Wheat Bread

Sift two and one-half cups entire wheat flour with one scant teaspoon soda and one-half teaspoon salt, add one cup buttermilk. Mix well, then turn into greased pans and bake one-half hour. If liked, one or two tablespoons sugar may be added.

Bran Breads

Sift and mix together four cups wheat bran, two cups wheat flour, one teaspoon soda and one-half teaspoon salt, then add four cups sour milk and one cup molasses. Turn into well-greased bread pans and bake in moderately hot oven about one hour.

One quart wheat bran, two cups flour, one cup molasses, two cups sour milk, one teaspoon salt, one teaspoon saleratus. Bake one hour and a half.

To two cups bran add one cup white flour, one teaspoon soda, one cup sour milk, one-quarter cup butter, three tablespoons molasses—or more, if to taste. An egg beaten light will add to the palatableness, and one-half cup or one cup of seedless raisins may be added. Dissolve milk and soda and add the molasses. Sift white flour and mix with bran, then add to milk. Stir in melted butter last. Mix thoroughly and bake in loaf pan.

Oat Meal Breads

Pour three cups boiling water over one cup rolled oats, add one-half cup molasses or sugar, one tablespoon lard, and two teaspoons salt. When lukewarm add one-half or three-fourths cake compressed yeast dissolved in a little lukewarm water (in winter it may be necessary to use one whole yeast

cake), then add enough bread flour to make a firm dough, and knead. Let rise overnight, then mold into two loaves, and when light, bake about one and one-quarter hours.

Or, take any desired quantity of bread sponge and before you have kneaded it quite stiff enough for bread, work in enough oat meal to make it stiff, then shape into loaves, grease well all over, and set in a warm place to rise. It will take longer to rise than ordinary white bread. When light, bake.

Light Corn Bread

Add one tablespoon salt to one quart water, bring to a boil and then stir in enough corn meal to make a medium thick mush. Let boil up once and remove from the fire, stir in two quarts cold water, and thicken with corn meal until stiff. Cover and set in a warm place to rise. When it is light it will puff up, and the batter will crack open and seem thinner. Stir in one-half cup sugar and one cup flour, and let rise again, which will take about 15 or 20 minutes; then pour the mixture into a deep, well-greased pan and bake in a hot oven.

New England Corn Bread

Scald one cup white corn meal with just enough boiling water to moisten it. Let stand about 10 minutes, then add enough cold water to make a soft batter. When lukewarm add one-half cup liquid yeast, one-half cup molasses, one-half teaspoon each salt and soda, and one pint rye flour. Beat well, cover, and let rise until the mixture cracks on top, then stir it down, pour into buttered and floured tins, let rise again, sprinkle the top lightly with flour, and bake two hours in moderate oven.

Kentucky Corn Bread

To one pint sifted white corn meal add one-half teaspoon soda, one teaspoon salt (and if liked one or two tablespoons sugar), one tablespoon lard, two beaten eggs and enough buttermilk to make a thin batter. Have a well-greased pan heated on top of the stove, pour the batter into this and bake one-half hour in a quick oven. There must be plenty of grease in the pan and it should be hot enough so that the batter when it is poured in will crisp around the edges.

Baked Brown Breads

To one pint light bread sponge add one-half cup molasses and a little salt, and when well mixed stir in graham flour until the batter is quite thick. Put in well-greased bread tins to rise, and when light bake a little longer than white bread.

Put one cup molasses and one teaspoon soda over the fire and stir until it foams, then add one pint sweet milk, one teaspoon salt, and four cups graham flour sifted with two teaspoons baking powder. If all graham flour is not liked use three cups graham and one cup white flour. Stir well, put into well-greased tins, let stand two hours to rise, and then bake.

Steamed Brown Breads

To one cup white flour add one cup graham flour, one-half cup yellow corn meal, one teaspoon soda dissolved in one and one-half cups sour milk, one-half cup N O molasses and pinch salt. Steam two and one-quarter hours, then put in the oven about five minutes.

To three cups sifted graham flour add one cup corn meal, one-half cup sugar, one cup molasses, two cups buttermilk in which dissolve two teaspoons soda, one-half teaspoon salt, and lastly two cups seeded raisins dredged with flour. Put into one-pound baking powder cans well greased, filling a little over half full. Steam three hours.

To two cups corn meal add two cups rye meal, one-half cup molasses and one heaping teaspoon salt. Mix well and then stir in three cups boiling hot water. When smooth add one cup sour milk in which one teaspoon soda has been dissolved, and then add two cups sifted graham flour. Mix well, steam four hours, and then bake one-half hour.

Brown Bread (Italian)

Sift together two cups barley meal, one cup graham flour, one cup white flour, one teaspoon salt, two tablespoons sugar, and two heaping teaspoons baking powder. Mix this together with two cups sweet milk, beat well, and pour into greased pan. Bake slowly about 45 minutes.

Boston Brown Bread

Mix and sift one cup each of rye meal, granulated corn meal and graham flour, add one teaspoon salt, three-fourths teaspoon soda, three-fourths cup molasses, and one and three-fourths cups sweet milk. Stir until well mixed, turn into buttered mold, cover and steam three and one-half hours.

ILLUSTRATED RECIPES

Grandmother's Pancakes

[See illustration on page 20.]

To two cups not too sour milk add one beaten egg, a generous pinch of salt, one tablespoon sugar and two cups flour sifted with one level teaspoon saleratus. Beat well and fry in large rounds in a spider. Lay on a large plate, spread thinly with butter and sprinkle with light brown sugar. Lay one on top of the other, treating each in the same manner, covering with an inverted pan to keep hot and moist. Cut in wedges and serve with syrup made by pouring over two large cups light brown sugar, one cup boiling water and half teaspoon vanilla. Stir until sugar dissolves.

Dried Apple-Raisin Pie

[See illustration on page 21.]

Soak dried apples overnight, and cook slowly in water till tender. Drain off water and to every two cups apple add half cup soaked raisins, a dash of ground cinnamon, one tablespoon vinegar and one cup sugar which has been well mixed with one tablespoon flour. Beat all together, fill pie crust and dot with butter. Cover with a slashed crust. For the crust use about small half cup lard to one large cup flour and a good pinch of salt. Wet with cold water.

Milk Rolls

[See illustration on page 68.]

At night set a sponge of one pint warm water, half yeast cake, two tablespoons brown sugar, one

tablespoon salt and enough flour to make a stiff batter, beaten smooth. In the morning add one large cup warm milk, one-third cup lard, and flour enough to stiffen not quite as stiff as for bread. Let rise till very light, mold down and let rise again. When light turn on to board and roll quite thin. Cut into rounds, brush with butter and fold over in the middle. Let rise till quite light, brush with butter and bake light brown in rather a quick oven.

Water Crullers

[See illustration on page 69.]

One cup light brown sugar, three eggs, beaten, one scant cup cold water and one teaspoon vanilla. Sift in four cups flour with one teaspoon saleratus and two teaspoons cream of tartar and a pinch of salt. Roll very thin, cut in squares or triangles, slash three or four times, and fry quickly in hot fat to a light brown. Dust with powdered sugar, if liked, to which has been added a little ground cinnamon.

Potato Puff

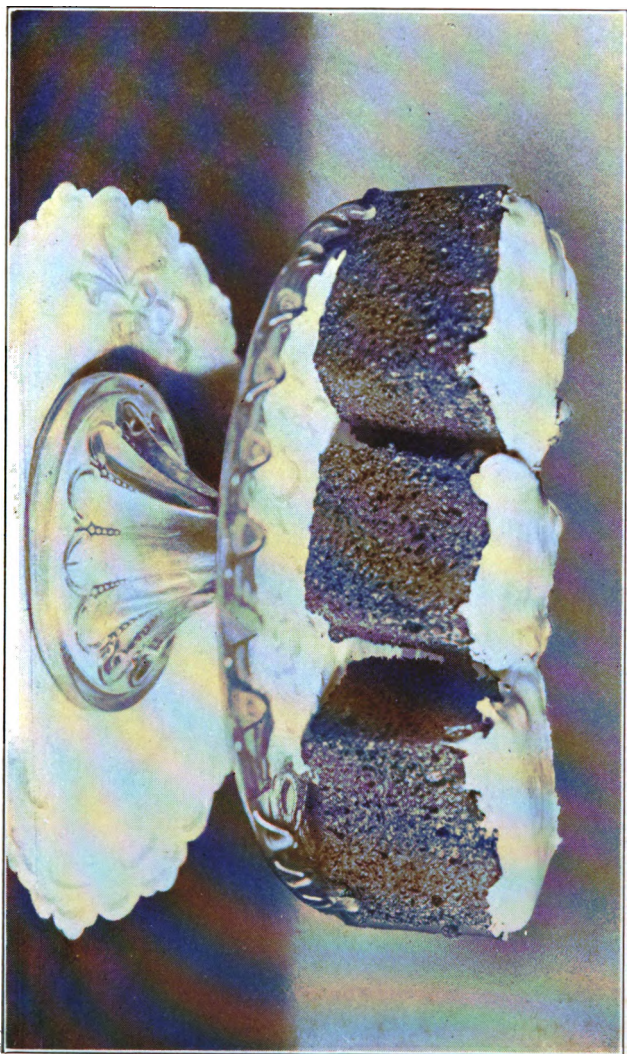
[See illustration on page 52.]

To two cups boiled and mashed potato add the raw yolk of an egg, half cup milk, quarter teaspoon salt and half as much pepper, with butter the size of a walnut. Beat with a fork until light, and, lastly, fold in the stiffly beaten white of the egg. Grease a shallow baking pan, turn in the potato and bake twenty minutes. Serve hot.

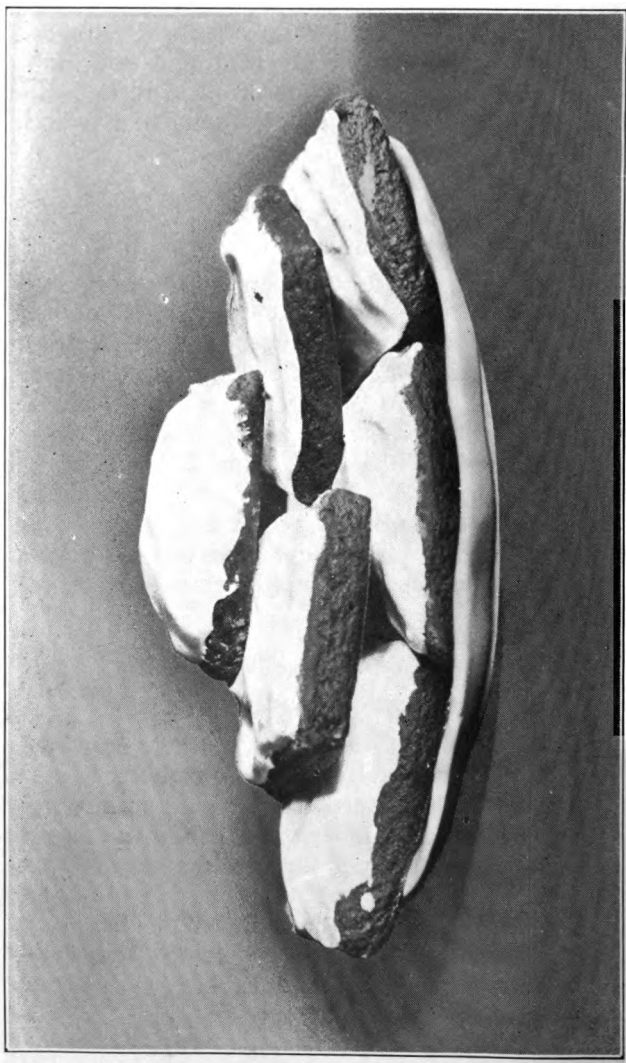
Deviled Eggs

[See illustration on page 53.]

Boil eggs about twenty minutes, then place in cold water half hour, after which shell and cut in



SOFT GINGERBREAD WITH WHITE ICING
[See recipe on page 86.]



HARD GINGERBREAD WITH HARD FROSTING

[See recipe on page 86.]

two. Mash yolks with a fork and to every five egg yolks add half teaspoon salt, one-third teaspoon pepper, half teaspoon dry mustard, and two table-spoons vinegar. Mix well and fill the whites, heaping up. Serve with sliced tomatoes, or in winter with tomato sauce.

Sausage Loaf

[See illustration on page 37.]

Mix with one pound pork sausage the same *bulk* (not weight) of bread crumbs which have been soaked in cold water and squeezed out. Grate or cut very fine into this a medium-sized onion, break over two eggs, and if meat is unseasoned add one teaspoon salt, half as much pepper, and a dash of powdered sage, if liked, or a pinch of cloves or nutmeg may be used. Mix thoroughly, turn into a well-greased loaf tin, and bake in a moderate oven about three-fourths of an hour. Serve on a platter with sliced tomatoes. A nice variation is to use pork and beef, half and half.

Codfish Escallop

[See illustration on page 36.]

Pull cod into small pieces and reject bones, wash in warm water twice. Place in the bottom of a baking dish a thin layer of cold mashed potato, well seasoned, then a thick layer of codfish with a sprinkling of finely rolled cracker crumbs dotted with butter and a dash of pepper, then another thin layer of potato with another thick layer of fish with cracker crumbs and butter on top. Pour over enough milk to wet well and bake in a moderate oven about half an hour. Serve hot.

Hard Gingerbread

[See illustration on page 85.]

One cup white sugar, half cup lard, half cup sour milk, one tablespoon ginger and a pinch of salt. With about two large cups flour sift one teaspoon saleratus. Mix to very stiff dough to roll, using a little more flour if needed. Roll out quite thickly, cut into squares, sprinkle with white sugar and bake in a moderate oven. They may be frosted when cold, if liked.

Soft Gingerbread

[See illustration on page 84.]

Stir together one cup molasses, half cup brown sugar and half cup lard. Add one level tablespoon ginger and one teaspoon cinnamon, with a pinch of salt. Stir in one cup boiling water in which dissolve two level teaspoons saleratus, and add two and one-half cups flour. Beat smoothly, and lastly add two well-beaten eggs. Bake slowly so that the cake will rise evenly. When cold may be iced with confectioner's sugar wet with a little milk and vanilla.

Oatmeal Cookies

[See illustration on page 29.]

In the mixing bowl place one cup oatmeal, one cup boiling water and one cup currants which have been thoroughly washed. Let stand till cool, then add two cups sugar, one cup melted lard, half cup water, one teaspoon cinnamon, one teaspoon lemon extract and two eggs, well beaten. Stir in about two and one-half cups flour sifted with one teaspoon

saleratus and two teaspoons cream of tartar, or instead use two teaspoons baking powder. Roll not too thin, dust with sugar and bake quickly. Keep in a covered jar.

Blackberry Tarts with Sour Cream Crust

[See illustration on page 28.]

Stir into one cup sour cream one-third teaspoon saleratus and a pinch of salt, and add enough flour to make a very stiff dough. Roll very thin, cut into rounds as for cookies, and bake quickly. Thicken a well-sweetened cup blackberry sauce with one tablespoon cornstarch wet with two tablespoons water. When cold spread on crust round and press over top another round. This crust is healthful and also excellent for pies when one has sour cream to use.

Meat Biscuits

[See illustration on page 44.]

Make a biscuit dough as follows: To four cups flour, sifted with one teaspoon saleratus, add two-thirds cup lard and half teaspoon salt. Rub well together. Turn in enough buttermilk or sour milk to make a stiff dough. Roll quite thin and cut in rounds. On top of one round spread a layer of any chopped meat which has been cooked. Leftovers run through the meat chopper are good for this. Season and place dot of butter on the meat and press over top another round of dough. Bake rather quickly.

Cheese Wafers

[See illustration on page 45.]

One cup dry grated cheese (strong American is best), one cup flour, half cup lard, half teaspoon

salcratus, half teaspoon salt and one-third teaspoon sweet red pepper (paprika) or half the amount of white pepper—less of cayenne may be used instead, if preferred. Moisten as for pie crust, with a little water, stirring with a fork. Cut in strips, sprinkle with salt and bake a light brown.

Currant Loaf

[See illustration on page 77.]

Set sponge overnight of a pint warm water, two tablespoons sugar and one of salt, half yeast cake dissolved in a little warm water. Thicken with flour to a stiff batter and let stand till morning. In the morning add one large cup warm water, one-third cup lard, one-third cup light brown sugar and one cup cleaned currants. Mix up stiff and let rise till very light. Mold down and make into loaves. Bake in a moderate oven one hour, if loaves are large.

Whey Bread

[See illustration on page 76.]

Set a sponge overnight of one quart warm water, two tablespoons sugar, one tablespoon salt, thickened with enough flour to make a stiff batter, after adding one yeast cake dissolved in a little warm water. In the morning add a scant pint sour milk whey, made by setting clabbered milk, which has been stirred to break the curd, on the back of the stove till the whey has drawn out. Let stand half an hour, then mix up stiff and set in a warm place to rise. Let it double its bulk, mold down, and when it rises again make into loaves. Let rise till loaves have doubled their bulk, and bake one hour in a moderate oven.

Canned String Beans

[See illustration on page 60.]

Cut the ends off very tender yellow string beans and cook till tender in water to which has been added half teaspoon salt to each quart. Drain and cover with the following: To every cup hot water add one cup sugar and one scant cup vinegar. Boil up for a few minutes. Pour hot over beans and seal in cans. In winter time these may be served cold with meat, or may be cooked in a couple of clear waters, rejecting each, to clear excess of vinegar. Serve hot, seasoned with butter, pepper and salt.

Bean Salad

[See illustration on page 61.]

Boil one small cup beans in water with a pinch of soda, about ten minutes. Drain and cook slowly in water to cover, seasoned with one tablespoon sugar and a little salt and pepper, until thoroughly done. Place in serving dish, and pour around the following dressing: To four or five tablespoons water add the same amount vinegar and sugar, a medium-sized onion, grated or sliced, as liked, a dash of red pepper, and salt to taste. Boil together and pour over beans. There should be enough to barely cover beans. Serve hot.

DEPARTMENT INDEX

	Page		Page
Dried Vegetables and Fruit	1	Morella wine	26
Apples, to dry	8	Mulberry wine	26
Beans, dried string—to cook	7	Raspberry wine	27
Beans, dried—to boil and bake	6	Rhubarb wine	27
Beans, string—to dry	6	Tomato wine	27
Beans, to dry	6	Unfermented wine	28
Corn, dried—to cook	3		
Corn—Drying methods	1-3	Butchering Time Recipes	29
Oven drying	2	Barrel for pickling or curing	35
Oven racks	2	Barrel for smoking	34
Preparations for drying	1	Beef pickles	37
Sun and oven drying	1	Beef, potted	45
Corn, to keep green for winter	4	Beef, to can	37
Fruit, to sun-dry	7	Beef, to dry	37
Pears, to dry	8	Beef, when killed	29
Peas, dried—to cook	5	Bladders, uses for	46
Peas, to dry	4	Box for smoking	33
Quinces to dry	8	Casings, sausage	43
		Cheese, calf's head	43
Salting Down and Pickling	10	Cheese, hog's head	43
Beans, salted—to cook	13	Curing, barrel for	35
Beans, string—to salt down	11	Entrails, cleaning and separat-	
Cabbage, to salt down (sauerk-		ing	29
kraut)	13	Ham, potted	45
Cucumbers, to salt down	10	Hams, to cure	36
Eggs, to keep	14	Hams, treating after smoking	34
Eggs, to pickle	16	Jelly, calf's foot	50
Sauerkraut	13, 62	Jelly, pig's foot	50
Tomatoes, to salt down	11	Lard, to try out	42
		Liver, potted	45
Homemade Vinegars	17	Liver sausages	47
Apple vinegar	17	Meat, smoked—to keep	33
Aromatic vinegar	19	Meat, to can	31
Bean vinegar	17	Meat, to dry sugar cure	35
Berry vinegar	20	Meat, to keep	29
Cider vinegar	20	Meat, to keep without smoking	34
Corn vinegar	17	Meat, to smoke	32
Honey vinegar	18	Mince meat, canned	49
Molasses vinegar	18	Odds and ends	50
Rhubarb vinegar	20	Paunch, smoked pig	42
Sap vinegar	18	Pickling or curing, barrel for	35
Sorghum vinegar	20	Pig paunch, smoked	42
Spiced vinegar	19	Pig's feet, pickled	40
		Pork, brine for	38
Homemade Wines	21	Pork, roast—to keep in lard	41
Apple wine	21	Pork, sweet pickle for	38
Blackberry wine	21	Pork, to dry cure	35
Cider wine	22	Pork, to pack in salt	31
Currant wine	22	Pork, to salt cure	36
Dandelion blossom wine	23	Poultry, to can	31
Elderberry wine	23	Pudding, hog's head	41
Fruit wines	23	Sausage, bologna	48
Ginger wine	26	Sausage casings	46
Grape wine, sweet	24	Sausage, filling	46
Grape wine, unsweetened	24	Sausage, kidney, heart and liver	47
Making wine	21	Sausages, liver	47

	Page		Page
Sausages, to can.....	31	String beans	62, 80
Scrapple	49	Swiss chard	61
Smoker, barrel	34	Tomatoes, ripe	65
Smoker, box	33	Turnips	63
Souse	39		
Suet, to try out.....	42	Breads and Yeasts.....	71
Tongue, pickled	40	Biscuit, potato	56
Tongue, potted	45	Bran breads	79
Tripe, pickled	41	Brown bread, Boston.....	82
Potato Ways	51	Brown bread, Italian	82
Baked potatoes, stuffed.....	54	Brown breads, baked.....	81
Biscuit, potato	56	Brown breads, steamed.....	81
Croquettes, potato	57	Corn bread, Kentucky.....	81
Croquettes, sweet potato.....	59	Corn bread, light.....	80
Escalloped potatoes	53	Corn bread, New England....	80
Escalloped potatoes with cheese	54	Entire wheat bread.....	79
Escalloped potatoes with eggs..	53	Graham bread, baked.....	78
Loaf, potato	55	Graham bread, raised.....	78
Mashed potatoes	52	Graham bread, steamed.....	78
Omelet, potato	57	Graham bread (without yeast)	78
Pie, potato	55	Hop yeast bread.....	75
Potatoes and pork.....	58	Oatmeal breads	79
Puff, potato	84	Potato yeast bread.....	75
Salad, potato	58	Rolls, milk	83
Scones, potato	56	Rye and Indian bread (without	
Souffle, potato	56	yeast)	77
Stuffed baked potatoes.....	54	Rye bread, yeast.....	76
Stuffed potatoes	54	Rye bread, soda.....	77
Sweet potato croquettes.....	59	Salt-rising bread	76
Sweet potatoes, candied.....	59	Scones, potato	56
Sweet potatoes, stuffed.....	59	Whey bread	87
To bake potatoes.....	52	White bread	74
To boil potatoes.....	51	White bread (perpetual yeast).	75
To cook potatoes.....	51	Yeast cakes, buttermilk	73
To fry potatoes.....	52	Yeast, fresh	71
To roast potatoes.....	52	Yeast, homemade	71
Vegetables and Fruit.....	60	Yeast, hop and raw potato....	73
Apples, canned baked.....	67	Yeast, perpetual	72
Apples, pickled	67	Yeast, boiled potato	72
Bean salad	89	Yeast, raw potato.....	73
Cabbage, browned	69	Yeast, tanny	74
Cabbage, fried	70	Illustrated Recipes	83
Cabbage with egg dressing....	70	Biscuits, meat	87
Prunes, sweet pickled.....	68	Bread, whey	88
Sauerkraut	13, 62	Codfish escallop	85
Tomato, green—pickled.....	68	Cookies, oatmeal	86
Vegetables, to can.....	60-67	Crullers, water	84
Beans	62	Eggs, deviled	84
Beet greens	61	Gingerbread, hard	86
Beets	61	Gingerbread, soft	86
Cabbage	62	Loaf, currant	88
Carrots and peas.....	64	Loaf sausage	85
Cauliflower	63	Pancakes, grandmother's	83
Corn	63	Pie, dried apple-raisin.....	83
Dandelions	61	Puff, potato	84
Peas	62	Rolls, milk	83
Potatoes	64	Salad, bean	89
Pumpkin	66	String beans, canned.....	89
Spinach	61	Tarts, blackberry	87
Squash	63	Wafers, cheese	87

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